

MEET & EAT

28.11.23 to 01.12.23

| Day | Breakfast | Mid Morning | Lunch | Evening | Bus |
|-------------------------------|--|--------------------------|---|-------------------------|---|
| Tuesday 28.11.23 | Oats, Fried Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam. | Flavored Milk | Chicken Fry, Plain Rice, Mixed Dal, Vegetable of the Day. | Poha Vada | Banana Cake |
| Wednesday 29.11.23 | French Toast, Fruit. Cereal with Milk, Atta Bread with Butter & Jam. | Bournvita | Egg Dum, Plain Rice, Mixed Dal, Vegetable of the Day. | Doughnut | Home Made Nachos Chips |
| Thursday 30.11.23 | Aloo Paratha, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam. | Hot Chocolate | Vegetables Noodles, Garlic Paneer, Plain Rice, Mixed Dal, Vegetable of the Day, Fruit Custard. | Mini Dosa | Banana |
| Friday 01.12.23 | Poha, Omelette, Fruit. Cereal with Milk, Atta Bread with Butter & Jam. | Horlicks | Roast Chicken, Whole Wheat Bread Roll, Sautéed Vegetable, Plain Rice, Mixed Dal. | Bread Cutlet | Atta Chocolate Cookies |

Options for Everyday:

All our meals are prepared with minimal fats and no spices which make them suitable for young stomachs

**Milk + Toast + Cereals for Breakfast &
Dal + Rice + A Vegetable/Salad for Lunch.**