

Meet & Eat

08.12.25 to 12.12.25

Day	Breakfast	Mid-Morning	Lunch	Evening Snacks	Bus
Monday 08.12.25	Poori, Aloo Matar Sabji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Milk	Sweet Sour Noodles, Chicken / Vegetable Manchurian, Salad. Plain Rice, Mixed Dal.	Spring Roll	Cookies
Tuesday 09.12.25	Pancake, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Hot Lemonade	Egg Masala, Jeera Rice. Plain Rice, Mixed Dal, Vegetable Curry.	Goja	Muffins
Wednesday 10.12.25	Idli with Sambar & Chutney, Boiled Egg, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Horlicks	Tomatoe Sauce Pasta, Garlic Butter Chicken / Paneer. Plain Rice, Mixed Dal, Vegetable of the Day.	Samosa	Salty Cookies
Thursday 11.12.25	Paratha with Mixed Sabji, Egg Bhurji, Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Creamy Vegetable Soup	Veg Thali	Pakoda	Cookies
Friday 12.12.25	Upma, Omelette Fruit. Cereal with Milk, Atta Bread with Butter & Jam.	Bournvita	Chicken / Paneer Stew, Herbed Rice. Broccoli, Cauliflower, Corn Stir Fry. Plain Rice, Mixed Dal.	Bread Pizza	Fruit Cake
Saturday 13.12.25 (Gr 3 to Gr 9)	Chana Dal, Phulka, Boiled Egg. Cereal with Milk, Atta Bread with Butter & Jam	Honey Lemon Cold Remedy	Chicken / Soyabean 65, Plain Rice, Mixed Dal, Vegetable of the Day.	-	-

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

Options for Everyday: Milk + Toast + Cereals for Breakfast & Dal +
Rice + A Vegetable/Salad for Lunch.