

# WEEK 1 MENU

| DAY | FRUIT      | BREAKFAST                                            | LUNCH                                           | SALAD                                          |
|-----|------------|------------------------------------------------------|-------------------------------------------------|------------------------------------------------|
| MON | WATERMELON | MASALA SEMIYA - TOMATO<br>CHUTNEY - BREAD BUTTER JAM | PANEER TIKKA BIRYANI -<br>RAITHA                | RAW PAPAYA SALAD                               |
| TUE | MUSKMELON  | IDLI VADA - SAMBHAR - BREAD<br>BUTTER JAM            | PULKA - MIX VEG KORM                            | GREEN VEGGIE SALAD                             |
| WED | PAPAYA     | HARA BHARA PARATHA - CURD -<br>BREAD BUTTER JAM      | SWEET AND SOUR FRIED RICE<br>- HOT GARLIC SAUCE | ZUCCHINI, BELLPEPPER &<br>SPROUTED MOONG SALAD |
| THU | WATERMELON | PANEER SHAWARMA SANDWICH -<br>BREAD BUTTER JAM       | GREEN THAI CURRY WITH<br>STEAMED RICE           | KABULI CHANNA CHAT<br>SALAD                    |
| FRI | MUSKMELON  | BANANA PANCAKE - HONEY -<br>BREAD BUTTER JAM         | STIR FRY NOODLES -PEPPER<br>SAUCE               | GREEK SALAD WITH<br>OLIVES                     |

# WEEK 2 MENU

| DAY | FRUIT      | BREAKFAST                                                    | LUNCH                                   | SALAD           |
|-----|------------|--------------------------------------------------------------|-----------------------------------------|-----------------|
| MON | WATERMELON | RUSSIAN COLESLAW SANDIWHCH -<br>MINT MAYO - BREAD BUTTER JAM | PUNJABI KADI - STEAM RICE               | BHINDI FRIES    |
| TUE | MUSKMELON  | ROASTED VEG QUESADILLA -<br>FIESTA DIP - BREAD BUTTER JAM    | VEG PULAV - JEERA RAITA                 | BABYCORN 65     |
| WED | BANANA     | DATE ALMOND PANCAKE - HONEY -<br>BREAD BUTTER JAM            | JAMMU KE RAJMA - PHULKA                 | BEANS PORIYAL   |
| THU | PAPAYA     | MOONG DAL CHILLA- TOMATO<br>CHUTNEY - BREAD BUTTER JAM       | VEGETABLE RICE BATH -<br>CUCUMBER RAITA | GOBI 65         |
| FRI | PINEAPPLE  | BEETROOT POORI - HING ALOO<br>SUBZI - BREAD BUTTER JAM       | STEAMED RICE & SAMBAR                   | MIX VEG PORIYAL |

# WEEK 3 MENU

| DAY | FRUIT      | BREAKFAST                                                              | LUNCH                           | SALAD                      |
|-----|------------|------------------------------------------------------------------------|---------------------------------|----------------------------|
| MON | WATERMELON | ITALIAN CHEESY PEPPER<br>PARATHA - CURD - PICKLE - BREAD<br>BUTTER JAM | GOBI MATAR PULAO - DAL<br>TADKA | CESAR SALAD                |
| TUE | BANANA     | CHECKERBOARD SANDWICH -<br>MINT MAYO - BREAD BUTTER JAM                | PHULKA- NAVRATAN KORMA          | CHANA CHAT                 |
| WED | PINEAPPLE  | PANEER TIKKA MULTIGRAIN ROLL -<br>MINT CHUTNEY - BREAD BUTTER<br>JAM   | PULKA - ALOO GOBI<br>LABABDAR   | CUCUMBER CHATPATE<br>SALAD |
| THU | PAPAYA     | CHEESY CORN QUESADILLA -<br>FIESTA DIP - BREAD BUTTER JAM              | KASHMIRI PULAO- DAL<br>PANCHMEL | KOSAMBARI                  |
| FRI | BANANA     | PALAK IDLI - PEANUT CHUTNEY -<br>BREAD BUTTER JAM                      | TAWA PULAO - JEERA RAITA        | MIX VEG CHECKPEAS SALAD    |

# WEEK 4 MENU

| DAY | FRUIT      | BREAKFAST                                                  | LUNCH                                                           | SALAD                       |
|-----|------------|------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------|
| MON | WATERMELON | MINT SHAVIGE BATH - PEANUT CHUTNEY - BREAD BUTTER JAM      | METHI PULAO – MAA KI DAL                                        | PEANUT & CORN SALAD         |
| TUE | BANANA     | PANEER CAPSICUM PARATHA - CURD - PICKLE - BREAD BUTTER JAM | PHULKA- DIWANI HANDI                                            | TRICOLOUR VEG SALAD         |
| WED | WATERMELON | VANILLA PANCAKE - CHOCOLATE SAUCE - BREAD BUTTER JAM       | CHEF SPECIAL BISI BELE BATH-BOONDI-RAITA                        | MEDITERRANEAN SALAD         |
| THU | PAPAYA     | KAALA CHANA - POORI - BREAD BUTTER JAM                     | MALAI PANEER KASHMIRI PULAO - MIX VEG RAITA                     | MIXED BEAN SALAD            |
| FRI | BANANA     | MASALA DOSA- SAMBHAR - BREAD BUTTER JAM                    | 3 CHEESE PINK SAUCE PASTA WITH EXOTIC VEGETABLES - GARLIC BREAD | OLIVES MIX VEG PEPPER SALAD |