APRIL WEEK 1

Breakfast							
Menu	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Staples	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Nutriment 1	Boiled Eggs	Fresh Juice	French Toast	Fresh Juice	Scrambled Eggs	Bread Omelette	Boiled Egg
Nutriment 2	Lauki Onion Parantha	Masala Dosa	Beetroot/Garlic Parantha	Aaloo Parantha	Onion Uttapam	Green/Garlic Peas Parantha	Aaloo Puri
Nutriment 3	Veg. Upma	Puliyogere Rice	Lemon Rice	Veg. Namkeen Sewai	Veg. Pulao	Veg. Maggi	Methi Rice
Condiments	Chutney	Coconut Chutney	Mint Chutney	Coriander Mango Chutney	Mix Raita	Onion Tomoto Chutney	Coconut Chutney
Cereals	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos
Fruits	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit
Lunch							
Beverages	Butter Milk	Butter Milk	Lemon Juice	Butter Milk	Lemon Juice	Butter Milk	Butter Milk
Salads	Green Salad	Veg Salad	Veg. Salad	Sirka Onion/Veg Salad	Khata Mittha Salad	Veg. Salad	Kachumbar Salad
Main Course 1	Aaloo Matar Cury	Palak Sarso Saag	Kaju Paneer Masala	Garlic Noodles & Veg Manchurian	Lauki Kofta Gravy	Masala Pav Bhaji	Gravy Rajma
Main Course 2	Dry Cabbage Masala	Dry Moongra Sabji	Dry Karela Aaloo	Fried Rice	Dry Black Chana Masala	Veg. Pulao	Dry Parmal
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry
Rice/Roti	Plain Rice / Roti	Onion Rice/ Plain Rice / Roti	Steamed Rice / Roti	Steamed Rice	Steamed Rice / Roti	Steamed Rice	OnionRice/ Roti
Sambhar/Rasam	Sambhar	Rasam	Sambhar	Sambhar	Rasam	Sambhar	Rasam
Condiments	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums
Deserts	Fruit Custard	Spongy Rasgulla	Badam Kheer	Fruit Custard	Shahi Tukda	Gulab Jamun	Lauki Halwa
Snacks							
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	**We deserve some rest!**	Tea/Coffee/Milk
Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		Cookies
Snacks	Aaloo Bonda	Veg. Cheese Sandwich	Sabudana Vada	Dahi Bhalla Chaat	Veg. Samosa		Aaloo Tikki Chat
Condiments	Tomato Ketchup	Green & Red Chutney	Tomato Ketchup	Tomato Ketchup	Green & Red Chutney		Khata Mittha Chutney
Dinner							
Soups	Manchow Soup	Tomato Soup	Veg. Clear Soup	Sweet Corn Soup	Veg. SOUP	**We deserve some rest!**	**Tomato Soup**
Main Course 1 (Non-Veg)	Fried Egg Curry	-	Egg.Bhurji	-	Murg Kurma		Mughlai Chicken
Main Course 2 (Veg)	Soya Matar Dry	Dry Arbi	Bhindi Do Pyaza	Paneer Butter Masala	Dry Aaloo Capsicum		Dry Aaloo Palak
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry		Green Chilli Fry
Rice/Roti	Plain Rice / Roti	Jeera Rice / Roti	Steamed Rice / Roti	Steamed Rice / Roti	Onion Jeera Rice / Roti		Steam Rice Tandoori Roti
Condiments	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd		Pickle/Papad/Raita or Curd
Main Course 3 (Dal)	Langar waali Dal	Arhar Dal	Lahsuni Dal Tadka	Brown Masoor Dal	Maa Chane Ki Dal		Toor Dal
Sweets	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf		Ice Cream

APRIL WEEK 2

Breakfast							
Menu	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Staples	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Nutriment 1	Egg French Toast	Fresh Juice	Boiled Egg	Fresh Juice	Scrambled Egg	Bread Omelette	Boiled Egg
Nutriment 2	Cabbage Parantha	Palak Parantha	Gobi Parantha	Veg Idly, Vada & Sambhar	Black Pepper Parantha	Onion Garlic Parantha	Set Onion Dosa & Sagoo
Nutriment 3	Chitranna Rice	Tomato Rice	Bisi beli Bhaath	Lemon Rice	Veg. Moong Dal Chilla	Pudina Rice	Puliyogere Rice
Condiments	Coconut Chutney	Mint Chutney	Coriander Garlic Chutney	Coconut Chutney	Tomoto Onion Chutney	Coriander Mango Chutney	Coconut Chutney
Cereals	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos
Fruits	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple Papaya/Any Seasonal Fruit
Lunch							
Beverages	Butter Milk	Butter Milk	Lemon Juice	Butter Milk	Lemon Juice	Butter Milk	Butter Milk
Salads	Green Salad	Veg. Salad	Veg. Salad	Sirka Onion/Veg Salad	Khata Mithhaa Salad	Veg Salad	Kachumbar Salad
Main Course 1	Malai Kofta	Matar Masala	Palak Corn Curry	Kadi Pakora	Matar Paneer	Chana Bhatura	Rajma Masala
Main Course 2	Dry Aaloo Soya Beans	Dry Bhindi Bhujiya	Paneer Bhurji	Dry Jeera Aloo	Dry Aloo Methi	Veg. Pulao	Dry Mashroom Masala
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry
Rice/Roti	Plain Rice / Roti	Steamed Rice / Roti	Steamed Rice / Roti	Steamed Rice/Roti	Jeera Rice / Roti	Cucumber Raita	Onion Rice/ Roti
Sambhar/Rasam	Sambhar	Rasam	Sambhar	Rasam	Sambhar	Sambhar	Rasam
Condiments	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Fryums	Pickle/Curd or Raita/Fryums
Deserts	Vanilla Ice Cream	Coconut Burfi	Badam Rice Kheer	Jalebi Rabdi	Gulab Jamun	Shahi Tukda	Rice kheer
Snacks							
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	**We deserve some rest!**	Tea/Coffee/Milk
Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		Cookies
Snacks	Kachori	Red sauce Pasta	Dry Gobi Manchurian	Bread Pizza	Vada Pav		Pani Puri
Condiments	Tomato Ketchup	Green & Red Chutney	Tomato Ketchup	Tomato Ketchup	Garlic Dry Chutney		Khata Mittha Chutney
Dinner							
Soups	Manchow Soup	Tomato Soup	Veg. Clear Soup	Sweet Corn Soup	Veg. Soup	**We deserve some rest!**	Tomato Soup
Main Course 1 (Non-Veg	Fried Egg Curry	-	Egg.Bhurji	-	Mughlai Chicken		Butter Chicken
Main Course 2 (Veg)	Dry Cabbage Aloo Sabji	Dry Palak Corn	Dry Garlic Jeera Aloo	Dry Kaddu ki Sabji	Dry Paneer Masala		Aloo Gobi
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry		Green Chilli Fry
Rice/Roti	Plain Rice / Roti	Jeera Rice / Roti	Steamed Rice / Roti	Steamed Rice / Roti	Onion Jeera Rice / Roti		Steam Rice Tandoori Roti
Condiments	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd		Pickle/Papad/Raita or Curd
Main Course 3 (Dal)	Masoor Dal Tadka	Chana Dal	Palak Dal	Brown Masoor Dal	Yellow Dal		Dal Makhni
Sweets	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf		Gajar Halwa

APRIL WEEK 3

Breakfast							
Menu	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
Staples	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
Nutriment 1	Bread Omelette	Fresh Juice	Boiled Eggs	Fresh Juice	Scrambled Eggs	Boiled Eggs	Egg Bhurji
Nutriment 2	Aaloo Puri	Mooli Parantha	Dal Parantha	Veg.Parantha	Gobi Parantha	Paneer Parantha	Idli Vada Sambar
Nutriment 3	Tomato Rice	Puliyogere Rice	Chitranna Rice	Namkeen Sewai	Veg. Poha	Veg Maggi	Plain Paratha
Condiments	Mint Chutney	Tomato Onion Chutney	Mint Chutney	Chutney	Coriander Garlic Chutney	Mint Chutney	Coconut Chutney
Cereals	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos
Fruits	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit
Lunch							
Beverages	Butter Milk	Butter Milk	Lemon Juice	Butter Milk	Lemon Juice	Butter Milk	Butter Milk
Salads	Green Salad	Veg Salad	Veg. Salad	Sirka Onion / Veg Salad	Khata Mittha Salad	Veg. Salad	Kachumbar Salad
Main Course 1	Black Chana Masala Gravy	White Lobiya Masala	Noodles &Veg Manchurian	Kadi Pakora	Moongra Masala Gravy	Masala Dosa	Rajma Masala
Main Course 2	Dry Aloo Gobhi	Dry Mix Veg	Fried Rice	Dry Lauki masala	Dry Bhindi Masala	Coconut Chutney	Dry Mashroom Masala
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry
Rice/Roti	Onion Rice/Roti	Steamed Rice / Roti	Steamed Rice / Roti	Steamed Rice / Roti	Jeera Rice / Roti	Fried Rice	OnionRice/ Roti
Sambhar/Rasam	Sambhar	Rasam	Sambhar	Rasam	Sambhar	Sambhar	Rasam
Condiments	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums
Deserts	Atta Halwa	Coconut Burfi	Jaggery Rice	Shahi Tukda	Milk Seviyan Kheer	Gulab Jamun	Badam Rice Kheer
Snacks							
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	**We deserve some rest!**	Tea/Coffee/Milk
Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		Cookies
Snacks	Veg Steam Momos	Veg Spring Rolls	Veg Cheese Sandwich	Bread Pakoras	French Fries		Dahi Puri
Condiments	Tomato Ketchup	Green & Red Chutney	Tomato Ketchup	Tomato Ketchup	Garlic Dry Chutney		Khata Mithha Chutney
Dinner							
Soups	Manchow Soup	Tomato Soup	Veg. Clear Soup	Sweet Corn Soup	Veg. SOUP	**We deserve some rest!**	Tomato Soup
Main Course 1 (Non-Veg	Fried Egg Curry	-	Egg. Bhurji	-	Chicken Curry		Chicken Tikka Masala
Main Course 2 (Veg)	Bhindi Bhujiya	Aloo Capcicum Tomato	Dry Paneer Bhurji	Dry Soya Keema Matar	Dry Mix Veg.		Paneer Masala
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry		Green Chilli Fry
Rice/Roti	Plain Rice/Roti	Steamed Rice/Roti	Steamed Rice/Roti	Steamed Rice/Roti	Onion Jeera Rice/Roti		Steam Rice/Tandoori Roti
Condiments	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd		Pickle/Papad/Raita or Curd
Main Course 3 (Dal)	Langar waali Daal	Toor Dal	Green Dal	Yellow Jeera Dal	Panchratna Dal		Dal Makhani
Sweets	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf		Ice Cream

APRIL WEEK 4

Breakfast							
Menu	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea / Coffee / Milk
Staples	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread / Butter / Jam
Nutriment 1	Bread Omelette	Fresh Juice	Boiled Eggs	Fresh Juice	Scrambled Egg	Boiled Egg	Egg French Toast
Nutriment 2	Onion Parantha	Pudina Rice	Puri Aaloo	Methi Parantha	Dal Parantha	Besan Chilla	Aaloo Parantha
Nutriment 3	Poha	Idli, Vada	Lemon Rice	Upma	Lemon Rice	Tomoto Rice	Chana Dal Khichdi
Condiments	Tomato Ketchup	Sambar, Coconut Chutney	Green Onion Chutney	Coconut Chutney	Mint Chutney	Pudina Green Chutney	Tomato Onion Chutney
Cereals	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos	Corn Flakes/Chocos
Fruits	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit	Watermelon/Banana/Pineapple / Papaya/Any Seasonal Fruit
Lunch							
Beverages	Butter Milk	Butter Milk	Lemon Juice	Butter Milk	Lemon Juice	Butter Milk	Butter Milk
Salads	Sprouts	Veg Salad	Green Salad	Sirka Onion/Veg Salad	Khata Mithhaa Salad	Veg Salad	Kachumbar Salad
Main Course 1	Lahori Kofta	Palak Paneer	Safed Chana Masala	Besan Sabzi (Gatta)	Aaloo Matar Curry	Chilli Paneer Gravy	Red Lobia Gravy
Main Course 2	Dry Gajar Matar	Dry Parmal	Dry Baingan Bhartha	Dry Bharwa Bhindi	Dry Cabbage Masala	Hakka Noodles	Dry Jeera Aaloo
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry
Rice/Roti	Rice / Roti	Steamed Rice/Roti	Steamed Rice/Roti	Steamed Rice/Roti	Steamed Rice/Roti	Fried Rice/Steamed Rice	Steamed Rice/Roti
Sambhar/Rasam	Sambhar	Rasam	Sambhar	Rasam	Sambhar	Sambhar	Sambhar
Condiments	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums	Pickle/Curd or Raita/Fryums
Deserts	Badam Rice Kheer	Lauki Halwa	Sooji Halwa	Vanilla Ice Cream	Gajar Halwa	Jalebi	Milk Cake
Snacks							
Beverages	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	**We deserve some rest!**	Tea/Coffee/Milk
Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		Cookies
Snacks	Veg. Maggi	Veg Pakoras	Noodles	White Sauce Pasta	Vada Pav		Papdi Chat
Condiments	Tomato Ketchup	Green & Red Chutney	Tomato Ketchup	Garlic Dry Chutney	Tomato Ketchup		Khata Mithhaa Chutney
Dinner							
Soups	Veg Clear Soup	Tomato Soup	Dal Shorba	Manchow Soup	Sweet Corn Soup	**We deserve some rest!**	Mushroom Soup
Main Course 1 (Non-Veg)	Egg Bhurji		Chicken Masala		Butter Chicken		Chicken Kabab
Main Course 2 (Veg)	Dry Jeera Aaloo	Veg Jalfrezi	Dry Dum Aaloo	Dry Soya Matar	Dry Arbi		Shahi Panner Masala
Spicy Addition	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry	Green Chilli Fry		Green Chilli Fry
Rice/Roti	Jeera Rice/Roti	Steamed Rice/Roti	Steamed Rice / Roti	Steamed Rice / Roti	Onion Jeera Rice / Roti		Tandoori Roti
Condiments	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd	Pickle/Papad/Raita or Curd		Pickle/Papad/Raita or Curd
Main Course 3 (Dal)	Yellow Dal	Dal Palak	Brown Masoor Dal	Chana Dal	Dal Tadka		Methi Dal
Sweets	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf	Sugar Jaggery Saunf		Fruit Custard