






























WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad/raita					
	ALOO CHAAT	INDIAN SALAD	KHAMAN KAKADI	CUCUMBER RAITA	RAITA
Vegetable					
	PANEER PASANDA	ALOO TOMATO SABJI	VEG MAKHANWALA	VEG KADHAI	PAV BHAJI
Rice					
	JEERA RICE	PLAIN RICE	MINT RICE	JEERA RICE	VEG BIRYANI
Dal					
	YELLOW DAL FRY	DAL FRY	DAL FRY	SAMBHAR	
Chapatti					
	PARATHA	CHAPATTI	CHAPATI	CHAPATTI	PAV
Dessert/Curd					
	KHEER	SEVIYAN KHEER	MAL PUA	PAYASAM	CARROT KHEER