WEEK 2 MEAL PLANNER							
DAY	BREAKFAST 7:40 - 8.30am	MID-MORNING SNACK 10:30 - 10:45 am	LUNCH 12:15 pm - 1:30pm (staff & Kids)	SNACK 3:10 pm	Evening Snack for Boarders 5.45 -6:00 pm	DINNER 7:45-8:15 pm	Post Dinner Milk for Boarders 8:30 pm
MONDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Khara Pongal & sweet Pongal with chutney Seasonal Fresh Fruit	Mousambi Juice Cookies	Veg Pasta in Arabitta Sauce Matar Paneer Aloo Methi dry Rasam/plain Rice Indian Bread- Tandoori Roti Yogurt Turkish Salad Dessert - Coconut Burfi	Pinapple Juice Tea Vegetable Sandwich with green chutney	Chocolate Milkshake Samosa	Thai Chicken Dish (Outsourced) Butter Chicken Punjabi Choley Mixed Vegetable Dry Plain Rice Rasam Indian Bread-Naan Yogurt Green Salad	Milk
TUESDAY	Kellogs Cornflakes/ Musseli Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Boiled Egg Onion & Plain Dosa with Sambar & Chutney Seasonal Fresh Fruit	Chocolate Milkshake Peanut sandwich	Egg Nasigorreng Veg Nasigorreng Garlic Sauce Rajma Plain Rice Sambar Indian Bread - Chapati Yogurt Chana Chaat Salad	Grape Juice Veg Spring Roll Tea	Hot Milk with Bournvita Peri peri sandwich	Egg Biryani Veg Biryani Raita Aloo Matar Gravy Plain Rice & Rasam Indian Bread - Chapati Yogurt Italian Salad Dessert - Chocolate Pastry	Milk
WEDNESDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Pav Bhaji & Plain Paranta Seasonal Fresh Fruit	Fresh lime Juice Banana	Chicken Tikka Masala Paneer Tikka Masala Mixed Veg Dry Plain Rice & Rasam Indian Bread - Kulcha Yogurt Waldorf Salad	Watermelon Juice Baked Veg Roll Tea	Mosambi Juice Veg & Egg Puffs	Veg Hakka Noodles Egg Hakka Noodles Baby Corn Manchurian Veg Diwani Handi Plain Rice Rasam Indian Bread-Chapati Yogurt Roasted Vegetable Salad Dessert - Kheer	Milk
THURSDAY	Kellogs Cornflakes Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Waffles Idli, Vada With Sambar&Chutney Seasonal Fresh Fruit	Watermelon Juice Carrot/ Cucumber sticks	American Chopusey Navratan Dal Aloo Bhuna Dry Plain Rice & Rasam Indian Bread- Mint & Ajwain Tandoori Roti Yogurt Kidney Beans Salad Dessert - Fruit Truffle	Fresh Lime Juice Samosa Tea	Cold Badam Milkshake Schezwan Maggie noodle	Chicken Pasta in Red Sauce Veg Pasta in red Sauce Mixed Dal fry Roasted Potato Coconut Rice Plain Rice Rasam Indian Bread- Roomali Roti Yogurt American Salad	Milk
FRIDAY	Kellogs Cornflakes/ Mueslie Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Scrambled Egg Spinach Parantha with curd & and chutney Seasonal Fresh Fruit	Orange juice Biscuit	Chicken Focaccia Veg Focaccia Veg Jaipuri Rasam Plain Rice Indian Bread - Wheat Paratha Yogurt American Corn Salad	Mousambi Juice Veg Grill Sandwich Tea	Cold Coffee Momos	Thai Chicken Dish (Outsourced) Dal Nawabi Egg Bhurji Paneer Bhurji Plain Rice &Samber Indian Bread- Methi Chapathi Yogurt French Salad Dessert - Boondi	Milk
SATURDAY	Kellogs Cornflakes/ Chocos Plain Bread / Toast Butter/Jam/ Honey Milk (Hot & Cold) Oatmeal Omelette Stuffed Moong Dal Cheela with chutney Seasonal Fresh Fruit	Pineapple Juice Cake	Vegetable Macaroni with White Sauce Dal Shahi Muglai Ridge-guard dry Peas Pullav Plain Rice & Rasam Indian Bread- Parantha Yogurt Crunchy Salad Dessert -Gulab Jamun		Orange Juice Tandoori Paneer Sandwich	Chicken Manchurian dry Gobi Manchurian dry Chana Masala Fried Rice Rasam/Plain Rice Indian Bread-Chapathi Yogurt Mixed Green Salad	Milk
SUNDAY	Kellogs Cornflakes/ Mueslie Plain Bread / Toast Butter/ Jam/ Honey Milk (Hot & Cold) Oatmeal Egg - counter Veg Cutlets Plain & Masala Uttapum with chutney and sambar Seasonal Fresh Fruit	Banana Milkshake Cookies/ Fresh Banana	Veg Chowmein Egg Chowmein Honey Chilli Potato Rajma Gravy Plain Rice Rasam Indian Bread - Tandoori Roti Yogurt Broccoli & Corn Salad Ice Cream with chocolate/Strawberry Sauce	-	Sweet Jaljeera Pani Puri	Grilled Fish with Lemon Butter Sauce Grilled Paneer Aloo Matar Gravy Plain Rice & Rasam Indian Bread - Tandoori Roti Yogurt Corn & Cucumber Salad	Milk