

<i>Days</i>	<i>Menu</i>	<i>Serving</i>
<i>Monday</i>	<p><i>Stuff (palak carrot cabbage beetroot methi paneer)paratha Theplas Roti Sabzi Frankie (*Take two part whole wheat flour and one part besan.)</i></p> <p><i>Seasonal fruit</i></p>	<p><i>2</i></p> <p><i>1</i></p>
<i>Tuesday</i>	<p><i>Paneer bhurji sandwich Soya nugget keema sandwich Veg besan chilla sandwich Rajma Tikki burger Low fat Cheese and veg toast Open Sandwiches OR Pau Bhaji</i></p> <p><i>Seasonal fruit</i></p> <p><i>(*Preferably use brown bread or multigrain bread)</i></p>	<p><i>2</i></p> <p><i>1 medium katori</i></p> <p><i>1</i></p>
<i>Wednesday</i>	<p><i>Vegetable Fried -Rice Chana Biryani Veg biryani Rajma chawal Tawa rice tomato pulao with Raita</i></p> <p><i>Seasonal Fruit</i></p>	<p><i>1 Bowl</i></p> <p><i>1</i></p>
<i>Thursday</i>	<p><i>Veg rawa idly Carrot Idly Veg Handvo White dhokla Mix dal chilla Veg adai Mung dal dosa Veg uttapa Veg appe</i></p> <p><i>Seasonal Fruit</i></p>	<p><i>2</i></p> <p><i>1</i></p>
<i>Friday</i>	<p><i>Beetroot poori Palak poori Carrot puree poori Pumpkin Poori Dudhi Poori Masala poori Ajuwain poori Ragi poori Multigrain poori With Chole Rajma Chana</i></p> <p><i>Fruit (Seasonal)</i></p>	<p><i>3-4</i></p> <p><i>1 katori</i></p> <p><i>1</i></p>

