

<i>Days</i>	<i>Menu</i>	<i>Serving</i>
<i>Monday</i>	<i>Stuff (palak/ carrot/ cabbage/ beetroot/ methi/ paneer)paratha / Theplas / Roti Sabzi/ Frankie Seasonal fruit</i>	<i>2 1</i>
<i>Tuesday</i>	<i>Veg sandwich/Potato with veg sandwich/Egg sandwich/ Tikki burger / Bread pizza / Cheese chilly toast / French Toast / Open Sandwiches OR Pau Bhaji Seasonal fruit</i>	<i>2 2 1 medium katori 1</i>
<i>Wednesday</i>	<i>Fried -Rice/ Chana Biryani / Veg biryani / Rajma chawal/ Tawa rice/ tomato pulao with Raita Seasonal Fruit</i>	<i>1 Bowl 1</i>
<i>Thursday</i>	<i>Veg rawa idly / Carrot Idly / Veg Handvo / White dhokla/ Mix dal chilla/ Veg adai / Mung dal dosa/ Veg uttapa/ Veg appe Seasonal Fruit</i>	<i>2 1</i>
<i>Friday</i>	<i>Wheat Noodles/ Wheat pasta OR Free food (Child's favorite food) like muffin , sponge-cake, vada, samosa ,mathari,pakoda, mini pizza , cookies , other fried food etc Fruit (Seasonal)</i>	<i>1 Bowl 1-2 1</i>

