



MID DAY MEAL MENU



| 1ST DAY | 2ND DAY | 3RD DAY | 4TH DAY |
|------------------------|--------------------|-----------------------|-----------------------|
| PANEETR TIKKA | NAVRATAN KORMA | PUNJABI KADHI | MASALA DOSA |
| ROTI / NAAN | ROTI & RICE | KHICHDI & MASALA ROTI | SAMBHAR |
| GULAB JAMUN | PANCHRATAN DAL | ALOO MATAR SABJI | CHUTNEY |
| GRAIN SALAD | SALAD | SALAD | FRUIT CUSTARD |
| BUTTER MILK / CURD | BUTTER MILK / CURD | BUTTER MILK / CURD | BUTTER MILK / CURD |
| 5TH DAY | 6TH DAY | 7TH DAY | 8TH DAY |
| PAV BHAJI | MIX VEGETABLE | HAKKA NOODLESS | MATAR PANEER |
| FRYMS | DAL TADKA | MANCHURAN | ROTI & RICE |
| GREEN SALAD | ROTI & JEERA RICE | FRIED RICE | DAL TADKA |
| BUTTER MILK / CURD | BUTTER MILK / CURD | JUCESALAD | SALAD & CURD |
| 9ST DAY | 10TH DAY | 11TH DAY | 12TH DAY |
| CHHOLE PURI | RAJMA & RICE | IDLI SAMBHAR | MIX GRAINS & ROTI |
| VEG. PULAO | MASALA BHINDI | VADA | VEG. PULAO |
| SALAD | CHAPATI | CHUTNEY | RAITA |
| RAITA | BUTTER MILK / CURD | JUICE | GREEN SALAD |
| 13TH DAY | 14TH DAY | 15TH DAY | 16TH DAY |
| KASMIRI DUM ALOO | MIX VEGETABLE | PALAK PANEER | MALAI KOFTA |
| ROTI | DAL FRY & RICE | YELLOW DAL & RICE | ROTI |
| DAL TADKA & JEERA RICE | CHAPATI | PARATHA | DAL & RICE |
| BUTTER MILK / CURD | GREEN SALAD | BUTTER MILK & SALAD | KHEER |
| 17TH DAY | 18TH DAY | 19TH DAY | 20TH DAY |
| RAJMA & RICE | CHHOLE BHATURE | HAKKA NOODLESS | PAV BHAJI |
| MASALA ALOO | VEG. PULAO | MANCHURAN FRIED RICE | FRYMS |
| CHAPATI | SALAD | JUICE | GREEN SALAD |
| BUTTER MILK / CURD | RAITA | SALAD | BUTTER MILK / CURD |
| 21TH DAY | 22TH DAY | 23TH DAY | 24TH DAY |
| PANEETR TIKKA | MASALA DOSA | MIX VEGETABLE | PUNJABI KADHI |
| ROTI / NAAN | SAMBHAR | DAL TADKA | KHICHDI & MASALA ROTI |
| GRAIN SALAD | CHUTNEY | ROTI | ALOO MATAR SABJI |
| ICE-CREAM | UTTAPAM | JEERA RICE | SALAD |
| BUTTER MILK / CURD | FRUIT CUSTARD | BUTTER MILK / CURD | KHEER |