

MENU PLAN

July

1st Week and 5th Week

Monday	Paneer/ Nutrella/Mushroom
Tuesday	Lauki/Capsicum
Wednesday	Idli/dosa/cheela
Thursday	Beans/ Carrot
Friday	Veg rolls/Veg sandwich

2nd Week

Monday	Brinjal/Pumpkin
Tuesday	Veg pulao/Veg cheela
Wednesday	Lady finger/Broccoli
Thursday	Aloo/Arbi
Friday	Any dal

3rd Week

Monday	Any cheela/Uttappam
Tuesday	Lauki/pumpkin
Wednesday	Veg cutlets/Stuffed parantha
Thursday	Veg pulao/Veg rolls
Friday	Paneer/Dal

4th Week

Monday	Lady finger/Capsicum
Tuesday	Rajma/Kadhi
Wednesday	Tori/Pumpkin
Thursday	Brinjal/Carrot
Friday	Stuffed parantha/Veg sandwich

Fruit

Monday	mango/ papaya
Tuesday	litchi/melon
Wednesday	plum /apple
Thursday	kiwi/ banana
Friday	pomegranate/melon

August

1st and 5th Week

Monday	Chana/Lobiya
Tuesday	Tinda/Pumpkin
Wednesday	Cheela/Dosa
Thursday	Veg poha/Veg upma/Veg pulao
Friday	Brinjal/Arbi

2nd Week

Monday	Poori/Parantha/Bhatura
Tuesday	Any besan dish
Wednesday	Capsicum/Beans
Thursday	Ghiya/Parwal
Friday	Idli/Dhokla/Pakoda

3rd Week

Monday	Ghiya/Carrot
Tuesday	Broccoli/Lady finger
Wednesday	Aloo/Arbi
Thursday	Veg poha/Veg sandwich
Friday	Kofta/Kadhi

4th Week

Monday	Cheela/Uttappam
Tuesday	Dal/Rajma
Wednesday	Tori/Lady finger
Thursday	Panner/Soya
Friday	Veg pulao/Veg sandwich

Fruit

Monday	pomegranate/litchi
Tuesday	banana/papaya
Wednesday	kiwi/ mango
Thursday	melon/raspberry
Friday	cherry/apple