

Food Menu for the week of 15/7/2013 to 19/7/2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	15/7/2013	16/7/2013	17/7/2013	18/7/2013	19/7/2013
Breakfast	Vegetable Poha	Sandwich	Rava Dosa	Rava Idli	Aloo Parata
	chutney	Sause	Red chutney	Sagu	Green chutney
	Ragi malt	Flavoured Milk	Flavoured Milk	Flavoured Milk	Ragi Malt
	Fruit(Mango)	Fruit(Juice)	Fruit(Melon)	Fruit(Papaya)	Fruit(Chiko)
Lunch	Pulka	Pulka	Pulka	Tomato Pasta	Pulka
	Bendi sabji	Soya sabji	Cabbage sabji	sause	Kabul Channa
	spinach Rice	Plain Rice	Plain Rice	Plain Rice	Veg Biryani
	Plain Rice	Dal Makni	Spinach sambar	Vegetable Sambar	Plain Rice
	Sambar	Salad	Salad	Salad	Rasam
	Kheer	Papad	Papad	Papad	Salad
	Salad				Papad
	Papad				

We follow ChooseMyPlate.gov



Breakfast: Grains, Protein, Dairy

Lunch: Fruits, Grains, Protein, Vegetables



Additional Menu:

Breakfast: Onion uthappam, Vegetable club sandwich, Mini soya dosa, Rava idli, Rava & vegetable upma, Ragi roti, kesari bath, Dry fruits upma, Sweet and kara Pongal, Vegetable oats, Chila, Besi bhele Bath, Methi thepla etc..

Snacks: Fruit punch, Varieties of soup, Malt, fresh fruit juice, fruits, backed vegetables, Spinach balls etc..

Lunch: Corn salad, Mushroom, Micro Green Gravy, Spinach Items, Rajma, Potato tikka, Gobi Tikka, Paneer Tikka, Babycorn tikka, Atta Pasta, Soya rolls, cheese kofta curry, Brown Pav -Bhaji, Aloo choley, creamed spinach, Sauteed french beans, Curd rice, Punjabi Kali dal, Muttar paneer curry, Varieties of samber & rasam, Sprout, Tawa items, Varieties of sweets and seasonal fruits etc...

Occasional: Corn flakes, Chocos, White bread products, Frans etc..,

Flavoured Milk/ Ragi Malt	Bourn vita Horliks Dark chocolate Boost
---------------------------	--------------------------------------------------

Atta	Multigrains: Wheat, Soya, Oats, Maize, Ragi, Barley and Channa dal
------	--------------------------------------------------------------------

Salad	Mixed vegetables: Cucumber, Carrot, Tomato, Raddish, Beatroot, Lettuce & Mixed Sprout
-------	---------------------------------------------------------------------------------------



Mi KIDS

Fruits	Papaya (weekly twice)
--------	-----------------------

Fruits and curd will be given according to the weather changes	
----------------------------------------------------------------	--

Fat / Oil	Sunpure Olive (only for suitable dish) Nandini ghee Nandini butter Nandini cream Nandini Paneer
-----------	----------------------------------------------------------------------------------------------------------------

Sweet	Weekly once
-------	-------------