



## WHAT'S THE MENU!!

### FOOD PLANNER

For FEBRUARY 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Date</b>					1-Feb-2019
<b>Snack</b>					SEASONAL FRUIT
<b>Breakfast</b>					SOOJI CHEELA WITH TOMATO CHUTNEY
<b>Lunch</b>					AALOO GOBHI, CARROT RAITA, CHAPATI
<b>Date</b>	04-Feb-19	05-Feb-19	06-Feb-19	07-Feb-19	08-Feb-19
<b>Snack</b>	CEREAL BOWL	SEASONAL FRUIT	MILK	BOURNVITA MILK	SEASONAL FRUIT
<b>Breakfast</b>	CARROT MAYO SANDWICH WITH DIP	VEG IDLI & COCONUT CHUTNEY	GOBHI PARANTHA WITH CURD	VEG POHA WITH TOMATO CHUTNEY	VEGETABLE SAMOLINA PASTA
<b>Lunch</b>	DAAL WITH RICE & SALAD	AALOO METHI, MIX VEG RAITA, CHAPATI	KALA CHANA, RICE, SALAD	KADHAI PANEER, CHAPATI, SALAD	NUTRI AALOO, CHAPATI, SALAD
<b>Date</b>	11-Feb-19	12-Feb-19	13-Feb-19	14-Feb-19	15-Feb-19
<b>Snack</b>	CEREAL BOWL	SEASONAL FRUIT	MILK	STRAWBERRY SHAKE	SEASONAL FRUIT
<b>Breakfast</b>	VEG CHEEZE SANDWICH	VADA SAMBHAR	ALOO PARANTHA WITH BUTTER	PAO, BHAJI	VEG VERMICELLI + TOMATO CHUTNEY
<b>Lunch</b>	RAJMA, RICE & MINT RAITA	PALAK PANEER WITH CHAPATI	KADHI, RICE & SALAD	BLACK MASAR DAAL, MIX VEG CHAPATI & SALAD	MIX DAAL, DRY AALOO MATAR CHAPATI
<b>Date</b>	18-Feb-19	19-Feb-19	20-Feb-19	21-Feb-19	22-Feb-19
<b>Snack</b>	CEREAL BOWL		MILK	BOURNVITA MILK	SEASONAL FRUIT
<b>Breakfast</b>	BREAD BUTTER/JAM		METHI PARANTHA + CURD	VEGETABLE VERMICELLI WITH TOMATO DIP	VEG CROQUETTES WITH MINT/ CORRIANDER CHUTNEY
<b>Lunch</b>	LOBHIA, RICE WITH SALAD		DAAL MAKHANI WITH RICE	DUM ALOO, CHAPATI, SALAD	GAJAR MATAR SABJI WITH BOONDI RAITA & CHAPATI
<b>Date</b>	25-Feb-19	26-Feb-19	27-Feb-19	28-Feb-19	
<b>Snack</b>	CEREAL BOWL	SEASONAL FRUIT	MILK	BOURNVITA MILK	
<b>Breakfast</b>	MINT CHUTNEY SANDWICH	VEG UTTAPAM WITH COCONUT CHUTNEY	MATAR PARANTHA, RAITA	MULTIGRAIN KHICHDI WITH CURD	
<b>Lunch</b>	CHOLE KULCHA WITH SALAD	POORI, AALOO SABZI & HALWA	RAJMA RICE & SALAD	MATAR MUSHROOM, MIX DAAL WITH CHAPATI	

