

Sample Weekly Lunch Menu

Day 1	Day 2	Day 3
Monday	Tuesday	Wednesday
Lemonade	Rooh Afza Milkshake	Buttermilk
Veg Clear Soup	Sweet Corn Soup	Minestrone Soup
Corn&Pepper Salad	Carrot Sticks	Fresh Green Salad
Fussili N Cheese Sauce	Veg Hakka Noodles	Enchilladas
Garlic Bread	Veg Manchurian	Mexican Rice
Aloo Gobhi	Vegetable Fried Rice	Veg Nuggets
Rajmah Masala	Cabbage Matar	Pav
Jeera Rice	Chapati	Bhaji
Boondi Raita	Yellow Dal Tadka	Plain Yoghurt
Vermicelli Kheer	Banana Custard	Apple Pie

Day 4	Day 3
Thursday	Friday
Chocolate Milkshake	Watermelon Juice
Lentil soup	Cream of Veg Soup
Toss Salad	Crunchy Lettuce & Croutons
Baked Vegetables	Veg Burger
Bread Roll	Potato Wedges
Paneer Kofta	Pasta in Tomato sauce
Dal Palak	Chole
Steamed Rice	Vegetable Pulao
Chapati	Cucumber Raita
Musk Melon	Jelly