



BOARDING HOUSE MENU CHART

SUMMER/WINTER



DAY	PROTEIN DIET	BREAKFAST	LUNCH	SUPPER	DINNER
MONDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	BREAD EGG OMELETTE / SANDWICH(CHEESE SLICE & VEGETABLES) MAYONNAISE. & MILK	RAJMAH/MINTCHUTNE Y / RAITA (BOONDI/ ONION/ JEERA) RICE/ CHAPATI & SALAD	SOUPY MAGGI/ BISCUITS & TEA	DHULI MOONG DAL & SEASONAL VEGETABLE/LADYFINGER/ CAULIFLOWER /SEASONAL VEG CHAPATI / RICE RASGULLA/ <u>RASBHARI / GULAB</u> <u>JAMUN</u>
TUESDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	PARANTHA & SEASONAL VEGETABLE & HERBAL TEA	MASOOR DAL, BUNDI MINT JEERA RAITA, RICE/CHAPATI & SALAD	VEG CUTTLET COFFEE	SOYABEAN/LOBHIA (RAUNGI) & SEASONAL VEGETABLE CHAPATI / RICE CUSTARD <u>(FRUIT/ TUTTY</u> <u>FRUTY)</u>
WEDNESDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	PARANTHA /CHAPATI & SEASONAL VEGETABLE & MILK	MOONG DAL (SABUT)/ RAITA (CUCUMBER/TOMATO) RICE AND CHAPATI & SALAD	BAKERY BISCUIT & MILK	EGG CURRY/ MATAR PANEER CHAPATI/RICE KHEER (RICE/ SEWAIYAN/ SUJI)
THURSDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	UPMA (VEGES) & CHUTNEY - COCONUT/ GROUNDNUT OR ALOO BHAJI & PLAIN PARANTHA & MILK /TULSI TEA	CURRY PAKODA RICE & CHAPATI & SALAD	VEGETABLE PAKORA & PUDINA CHATANI & TEA	CHANA DAL WITH LAUKI/ SEASONAL VEGETABLES CHAPATI/RICE CUSTARD (FRUITS/ TUTTY FRUITY)





FRIDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	PAV BHAJI OR SWEETBUNS, BOILED EGG CHEESE CUBES & MILK	MUNCHURIAN FRIED RICE PAPAD	RUSK WITH TEA	MIX VEGETABLE WITH PANEER / PEAS/ MUSHROOM /SEASONAL VEG CHAPATI/ RICE KHEER
SATURDAY	SPROUTS -Green Gram/Black Gram/ Moth Beans/ Almonds/ Pea nuts	POHA WITH COCONUT CHUTNEY & TULSI TEA	DALMAKHNI RICE/ CHAPPATI AND SALAD	MACRONI & TEA/ COFFEE	TOMATO AALOO/BLACK CHANA MUKAND BARI & POTATO RICE/ CHAPATI GULABJAMUN
SUNDAY	MILK & BANANA/FRUITS	STUFFED PARANTHA (POTATO/GOBHI/ RADISH/ BUTTER & PICKLE HERBAL TEA	KABULI CHANNA WITH POORI MINT RAITA TOMATO & ONION SALAD ICE-CREAM	BHELPURI / FRUIT CHART LEMONADE COLDDRINK /JUICE GINGER TEA (IF RAINS)	CHICKEN & PANEER WITH TOMATO GRAVY RICE/ CHAPATI



SUMMER SPECIAL :-ICE-CREAM ,RASBHARI, CUSTARD, COLD KHEER, SEASONAL FRUITS

WINTER SPECIAL:- GAJAR HALWA,GACHAK, DATES ,MURMURRA, GROUNDNUT, HOT RICE KHEER, HOT GULABJAMUN ETC.

NOTE:- 1.MENU MAY GET SLIGHTLY AMENDED DEPENDING UPON THE AVAILABILITY/EXORBITANTCOSTOF THEVEG/FRUIT.

2.SUGGESTION FROM THE DINING MEMBER ARE WELCOME & CAN BE PROJECTED ON THE

