

		Week # 1		
Monday	Tuesday	Wednesday	Thursday	Friday
Potato Curry Tadka Dal White Rice Paratha Yogurt Fruit	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit	Mix Vegetable Moong White Rice Rotis Yogurt Fruit	Spinach Corn baked Potatoes Yellow Rice Naan Yogurt Fruit	Navratan kurrma Corn Tikki Biryani Paratha Yogurt Fruit
		Week # 2		
Monday	Tuesday	Wednesday	Thursday	Friday
Green beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit	Bhindi Masala Moong Yellow Rice Poories Yogurt Fruit	Chole Rajma white rice Gobi Paratha Yogurt Fruit	Baigan bharta Punchranga Dal White Rice Rotis Yogurt Fruiti
		Week # 3		
Monday	Tuesday	Wednesday	Thursday	Friday
Fried Rice Manchurain Soup Sprong Rolls Raita Fruit	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt Fruit	Bagara Baigna Dal palak Roti Rice Yogurt Fruit	Paneer Lebadedar yellow moongdal Jeera Rice paratha Yogurt Fruit	potato with gravy Rasam Tamrind Rice Methi Paratha Yogurt Fruit
		week # 4		
Monday	Tuesday	Wednesday	Thursday	Friday
Aloo Gobi Pakora Kadhi Rotis Rice Yogurt Fruit	Kadhai paneer Tadka Dal Naan Jeera Rice Yogurt Fruit	Samosa Ragda Muthiya pav Yogurt Fruit	Undhiyu Moong Rotis Rice Yogurt Fruit	Methi mutter Malai Baked potato Paratha Yellow Rice Yogurt Fruit