

Week 1		Monday-3rd July					Tuesday -04th July					Wednesday -05th July						
Breakfast		Vegetable Poha	Seasonal Fruits				Beetroot Dosa	Coconut chutney	Seasonal fruits				Mix veg Paratha	Mint coriender chutney	Ketchup	Seasonal fruits		
	Calories (kcal)	180					125	34					213	10	7.8			
	Protein (gm)	2.2					3	0.3					4.7	0.3	0.3			
	Fat (gm)	7.9					4	0.1					10.2	0.1	0.6			
	Carbs (gm)	25					18	7.7					25.9	2.1	0.3			
Food quantity	Per Servings					1medium dosa	1tbs					Per Paratha	1tbs	1tbs				
Lunch		Mix Veg Sabji	Chapati	Masoor Dal	Steam Rice	Corn Salad	Palak Paneer	Chapati	Lemon Rice	Yogurt	Mix Sprouts Salad		Potato Sabji	Chapati	Black eyed Peas curry	Steamed Rice	Green Salad	
	Calories (kcal)	150	120	222	205	239	366	120	253	107	62		141	120	283	205	99.5	
	Protein (gm)	4.7	3.1	14	4.3	5	15	3.1	5.6	8.9	3		3.5	3.1	13	4.3	5	
	Fat (gm)	5.4	3.7	4.2	0.4	13	30	3.7	3.4	2.6	2		2.7	3.7	7	0.4	4.1	
	Carbs (gm)	23	18	34	45	31	10	18	49	12	8		27	18	35	45	13.5	
Food quantity	1Cup	1medium Piece	1cup	1cup	1cup	1cup	1medium Piece	1cup	1cup	1cup		1cup	1medium Piece	1cup	1cup	1cup		

Week 1		Thursday -06th July					Friday -07th July				
Breakfast		Rice Idli	coconut chutney	Sambhar	seasonal fruits		Vegetable cheese grill sandwich	ketchup	seasonal fruits		
	Calories (kcal)	58	30	130			301	17			
	Protein (gm)	1.7	0.7	7.1			13	0.2			
	Fat (gm)	0.4	2.2	0.7			10	0			
	Carbs (gm)	12	2.5	26			39	4.7			
Food quantity	1idli	1Tbs	1cup			1Piece	1tbs				
Lunch		Cauliflower and Potatoes Peas sabji	Chapati	Moongdal Khichdi	Kadhi (besan and Butter milk)	Peanut Salad	Mini Burger	Mac and Cheese	Fruit Custurd		
	Calories (kcal)	113.6	120	342	210	210	293	510	213		
	Protein (gm)	4	3.1	12	4	3	19	24	5.4		
	Fat (gm)	8.4	3.7	8.7	15	15	15	29	7.6		
	Carbs (gm)	16	18	54	12	13	20	39	30.1		
Food quantity	1cup	1medium Piece	Per Servings	140 grams	per Servings	Per Burger	Per Servings	Per Servings			

**Week2**

Week2		Monday -10th July					Tuesday -11th July					Wednesday - 12th July					
<b>Breakfast</b>		<b>Moong Dosa</b>	<b>Coconut chutney</b>	<b>Ketchup</b>	<b>Seasonal Fruits</b>		<b>Mix vegetable upma</b>	<b>coconut chutney</b>	<b>Seasonal fruits</b>				<b>Peas Potatoes Paratha</b>	<b>mint chutney</b>	<b>Ketchup</b>		
	Calories (kcal)	153	30	7.8			192	30					169	17	7.8		
	Protein (gm)	8.9	0.7	0.3			4	0.7					3.4	0.2	0.3		
	Fat (gm)	1.9	2.2	0.6			5.8	2.2					8.2	0	0.6		
	Carbs (gm)	25.1	2.5	0.3			30.7	2.5					21.3	4.7	0.3		
Food quantity	Per Dosa	1Tbs	1tbs			Per servings	1Tbs					1Piece	1tbs	1tbs			
<b>Lunch</b>		<b>Methi Peas Malai sabji</b>	<b>Chapati</b>	<b>Mix Vegetable Pulao</b>	<b>Black chan chaat</b>	<b>Raita</b>	<b>Cabbage and Potatoo Sabji</b>	<b>Chapati</b>	<b>Moong Dal</b>	<b>Steamed Rice</b>	<b>Beetrot and Carrot Yogurt Salad with Tadka</b>		<b>Mixed Veg Paneer Sabzi</b>	<b>Chapati</b>	<b>Toor Dal</b>	<b>Steamed Rice</b>	<b>Mix Sprouts Salad</b>
	Calories (kcal)	150	120	240	147	15.5	152	120	222	205	81	72	120	222	205	62	
	Protein (gm)	5	3.1	5.5	6.1	0.9	2.1	3.1	14	4.3	2	4.6	3.1	14	4.3	3	
	Fat (gm)	11	3.7	7.6	5.6	0.8	10.1	3.7	4.2	0.4	6.2	3.8	3.7	4.2	0.4	2	
	Carbs (gm)	10	18	37.1	18.1	1.4	13.1	18	34	45	4.4	4.9	18	34	45	8	
Food quantity	1cup	1medium Piece	Per Servings	Per Servings	1tbs	Per Serving	1medium Piece	1cup	1cup	100 grams		1cup	1medium Piece	1cup	1cup	1cup	

**Week2**

Week2		Thursday -13th July				Friday -14th July				
<b>Breakfast</b>		<b>Ketchup</b>	<b>Seasonal Fruits</b>				<b>Puri</b>	<b>Potatoo sabji</b>	<b>Til Ladoo</b>	<b>Seasonal fruits</b>
	Calories (kcal)	7.8					101	141	110	
	Protein (gm)	0.3					1.3	3.5	2.2	
	Fat (gm)	0.6					7.4	2.7	5.6	
	Carbs (gm)	0.3					7.5	27	13	
Food quantity	1tbs					Per Puri	Per Serving	Per Ladoo		
<b>Lunch</b>		<b>Chapati</b>	<b>Masoor Dal fry</b>	<b>Steamed Rice</b>	<b>Makhana Salad</b>		<b>Mix veg cheese Pizza</b>	<b>White Sause Pasta</b>	<b>Muffins</b>	
	Calories (kcal)	120	222	205	26		856	593	424	
	Protein (gm)	3.1	14	4.3	3.8		33.07	14	5.1	
	Fat (gm)	3.7	4.2	0.4	15.5		31.69	36.5	18	
	Carbs (gm)	18	34	45	16.1		109.59	53	60	
Food quantity	1medium Piece	1cup	1cup	1cup		Per Serving	Per Servings	Per muffin		

**Week 3**

		Monday -17th July					Tuesday -18th July					Wednesday -19th July					
Breakfast		Mix Veg Utappam	Coconut Chutney	Sambhar	Seasonal Fruits		Thalipeeth	Garlic chutney	seasonal fruits				Idli	Coconut Chutney	Sambhar	Seasonal Fruits	
	Calories (kcal)	176	30	130			100	43					91	30	130		
	Protein (gm)	31.3	0.7	7.1			2.4	1.9					1	0.7	7.1		
	Fat (gm)	5.4	2.2	0.7			5.5	3.7					3	2.2	0.7		
	Carbs (gm)	27.4	2.5	26			10.4	1.2					15	2.5	26		
Food quantity	Per Piece	1Tbs	1cup			Per Piece	per tbs					Per 100 grams	1Tbs	1cup			
Lunch		Paneer Butter Masala	Chapati	Moong Dal	Steamed Rice	Beetroot and Carrot Yogurt Salad with Tadka	Aloo Bhendi Sabji	Chapati	Mix Dal fry	Jeera Rice	Carrot Cucumber Salad		Amritsari Gobi Mutter	Chapati	Mix Dal fry	Jeera Rice	Mix Sprouts Salad
	Calories (kcal)	201	120	222	205	81	205	120	222	200	15		194	120	222	200	62
	Protein (gm)	8.2	3.1	14	4.3	2	1.9	3.1	14	3	0		5.6	3.1	14	3	3
	Fat (gm)	16	3.7	4.2	0.4	6.2	16.8	3.7	4.2	8	0		12.7	3.7	4.2	8	2
	Carbs (gm)	6.9	18	34	45	4.4	11.8	18	34	30	4		12.3	18	34	30	8
Food quantity	1cup	1medium Piece	1cup	1cup	100 grams	Per Servings	1medium Piece	1cup	125 grams	30 grams		Per Servings	1medium Piece	1cup	125 grams	1cup	

**Week 3**

		Thursday -20July				Friday -21July			
Breakfast		mint & coriander chutney	seasonal fruits			Medu Wada	Sambhar	Coconut chutney	Seasonal Fruits
	Calories (kcal)	10				135	130	30	
	Protein (gm)	0.3				4.4	7.1	0.7	
	Fat (gm)	0.1				8.4	0.7	2.2	
	Carbs (gm)	2.1				11	26	2.5	
Food quantity	1tbs				1Piece	1cup	1Tbs		
Lunch		Chapati	Black Chickpea curry	steamed rice	Corn Salad	Veg Fried Rice	Veg Manchurian	Hakka Noodles	Muffins
	Calories (kcal)	120	174	205	239	279	183	403	424
	Protein (gm)	3.1	6	4.3	5	8	2.4	12.7	5.1
	Fat (gm)	3.7	8	0.4	13	14	10.7	4.3	18
	Carbs (gm)	18	19.5	45	31	30	19.9	78.2	60
Food quantity	1medium Piece	Per Servings	1cup	1cup	1cup	2piece	1cup	1medium	

**Week 4**

		Monday -24 July					Tuesday -25 July					Wednesday -26 July						
Breakfast		Besan Dhokla	Mint chutney	seasonal fruits			Besan Chilla	Mint chutney	Ketchup	Seasonal fruits			Podi Idli/Masala Idli fry	Green Coconut chutney	Seasonal fruits			
	Calories (kcal)	73	10				128	10	7.8				198	30				
	Protein (gm)	3	0.3				7.5	0.3	0.3				4.3	0.7				
	Fat (gm)	2.1	0.1				1.6	0.1	0.6				5.2	2.2				
	Carbs (gm)	10.6	2.1				21	2.1	0.3				33.3	2.5				
Food quantity	Per Piece	1tbs				Per Servings	1tbs	1tbs				Per Servings	1Tbs					
Lunch		Kofta Curry	Chapati	Masoor Dal fry	Steamed Rice	Black chana chaat	Bhendi Aloo Sabji	Chapati	Dal Makhni	Jeera Rice	Green Salad		Paneer Masala	Chapati	Sprouted Matki Curry/Amti	Steamed Rice	Peanut Salad	
	Calories (kcal)	90	120	222	205	147	383	120	330	200	20		298	120	164	205	210	
	Protein (gm)	3.5	3.1	14	4.3	6.1	8.9	3.1	13	3	1.2		8.6	3.1	9.3	4.3	3	
	Fat (gm)	2.2	3.7	4.2	0.4	5.6	12.5	3.7	19	8	0.2		25.2	3.7	3.1	0.4	15	
	Carbs (gm)	14.3	18	34	45	18.1	62.6	18	31	30	4.2		9.5	18	24.8	45	13	
Food quantity	Value Per Servings	1medium Piece	1cup	1cup	Per Servings	Per serving	1medium Piece	1cup	125 grams	Per Servings		Per Servings	1medium Piece	Value Per Servings	1cup	per Servings		

**Week 4**

		Thursday -27 July					Friday -28 July				
Breakfast		Vegetable Poha	Seasonal Fruits				Mangalorean Buns	White Coconut Chutney	seasonal fruits		
	Calories (kcal)	180					387	30			
	Protein (gm)	2.2					8	0.7			
	Fat (gm)	7.9					14	2.2			
	Carbs (gm)	25					60	2.5			
Food quantity	Per Servings					Per Servings	1Tbs				
Lunch		Mix Veg Sabji	Chapati	Masoor Dal	Steam Rice	Corn Salad	Pav Bhaji	Brown Bread	Tava Pulav	veggie yogurt Salad	Banana wheat Cake
	Calories (kcal)	150	120	222	205	239		390	240	15.5	228
	Protein (gm)	4.7	3.1	14	4.3	5		12	5.5	0.9	3.8
	Fat (gm)	5.4	3.7	4.2	0.4	13		11	7.6	0.8	7.2
	Carbs (gm)	23	18	34	45	31		63	37	14	39
Food quantity	1Cup	1medium Piece	1cup	1cup	1cup		1.5 cups with 2 Paav	Per Servings		1tbs	Per servings

**Week 5**

Week 5		Monday -31 July				
<b>Breakfast</b>		<b>Sabudana Khichdi</b>	<b>Sweet Dahi</b>	<b>seasonal</b>		
	Calories (kcal)	655	100			
	Protein (gm)	9.7	11.7			
	Fat (gm)	32	4.2			
	Carbs (gm)	86	3.4			
Food quantity	Per Servings	Per Servings				
<b>Lunch</b>		<b>Mutter Paneer butter masala</b>	<b>Chapati</b>	<b>Moong dal</b>	<b>Jeera Rice</b>	<b>Grated veggies with yogurt and</b>
	Calories (kcal)	451	120	222	200	33
	Protein (gm)	16.5	3.1	14	3	2
	Fat (gm)	32.3	3.7	4.2	8	1
	Carbs (gm)	23.5	18	34	30	4
Food quantity	Per Servings	1 medium Piece	1 cup	125 grams	Per servings	

**Note:** In Place of Paneer for Allergic Kids use Peas or Soya chunk

**Disclaimers:**

Nothing contained herein is to be construed as Medical Advice.

The Vendor should ensure that allergic ingredients as submitted by the school is not used in the meals

The Calorie is based on food quantity as mentioned and based on average intake