

GD GOENKA GLOBAL - MAY '24 MENU

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Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Week - 1			1	2	3
Breakfast					
Main Dish			Whole Wheat Stuffed Kulcha with Mint Dip	Flatbread Stuffed with Vegetables served with Cumin Raita	Crescent Puff with Tomato Dip
Fruit				Fruit	Fruit
Egg			Veggies Omelette	Hard Boiled Eggs	Scrambeled Egg with Toast
Lunch					
Lentils			Gram Flour Dumplings in Yogurt Curry	Creamy Black Lentils	Lentil Based Stew with Vegetables and Spices
Veg			Tangy Potatoes	Vegetable Dumplings with Curry	Idly
Non. Veg / Conti/ Veg.2			Cold Chicken Macroni Salad		
Rice			Steamed Rice	Steamed Rice	Lemon Rice
Bread			Chapati	Chapati	Idly
Others			Brownie		Vermicelli Pudding
Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Week - 2	6	7	8	9	10
Breakfast					
Main Dish	Peanut Vegetable Flattended Rice & Mint Dip	Flatbread Stuffed with Potato served with Tempered Raita	Stovetop Macaroni with Grated Vegetables	Vegetable Puff with Tomato Dip	Vegetable Coleslaw Sandwich
Fruit		Fruit			Fruit
Egg	Hard Boiled Eggs		Hard Boiled Eggs	Veggies Omelette	Scrambeled Egg with Toast
Lunch					
Lentils	Baked Vegetable	Tempered Lentils	Chickpea Curry	Kidney Bean Curry	Buttery Black Lentils
Veg	Alfredo Sauce Pasta	Cottage Cheese and Onions Curry	Tangy Potatoes	Taro Root with Carom Seeds	Okra Sauteed with Onions
Non. Veg / Conti/ Veg.2	Chicken Alfredo Pasta				Chilli Chicken in Semi Dry Gravy
Rice	Corn Rice	Steamed Rice	Rice Sauteed with Cumin & Green Peas	Steamed Rice	Steamed Rice
Bread	Garlic Bread	Chapati	Toasted Kulcha	Chapati	Chapati
Others			Tempered Curd	Jaljeera (Cumin, Black Pepper, Lemon Drink)	Choco Brownie
Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Week - 3	13	14	15	16	17
Breakfast					
Main Dish	Bread Fritter with Mint Dip	Flatbread Stuffed with Vegetables served with Cumin Raita	Vegetable Sandwich	Bun with Potato Fritter & Mint Dip	Vegetable Vermicillie
Fruit		Fruit		Fruit	Fruit
Egg	Egg and Veggie Wrap		Hard Boiled Eggs	Veggies Omelette	Scrambeled Egg with Toast
Lunch					
Lentils	Black Chickpea Curry	Black Masoor Lentils	Mixed Sauce Pasta	Yellow Lentil Curry	Bun
Veg	Mixed Vegetable Stir-Fry	Cottage Cheese in Rich and Creamy Tomato Gravy	Vegetable Tempura	Cumin Potatoes	Pureed Vegetables in Curry

Non. Veg / Conti/ Veg.2			Chicken Tempura		Egg Curry
Rice	Steamed Rice	Steamed Rice	Garlic Bread	Steamed Rice	Veg. Biryani
Bread	Chapati	Chapati		Chapati	
Others		Roohafza (Rose Flavoured Drink)	Vanilla Cake Slice	Brownie	Beetroot Yogurt