

GD GOENKA GLOBAL - NOVEMBER '24 MENU

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Type of Meals	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Week - 1					
Breakfast					
Main Dish	Vegetable Idly	Stuffed Kulcha	Vegetable Wraps	Coleslaw Sandwich	Vegetable Puff Patty
Condiments	Coconut Dip	Mint Dip	Tomato Dip	Mint Dip	Tomato Dip
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Chicken Sandwich		French Toast	Omlette with Veggies	Boiled Egg
Lunch					
Lentils	Dal Tadka	Dal Makhani	Moong Masoor Dal	Rajmah Masala	Vegetable Manchurian
Veg	Gobhi Aloo Fry	Spinach Corn	Paneer Curry	Dum Aloo	Arrabiata Sauce Pasta
Non. Veg / Conti/ Veg.2	Egg Curry				Pan Fried Garlic Chicken & Vegetables
Rice	Steamed Rice				Steamed Rice
Bread	Chapati	Chapati	Chapati	Chapati	Fried Rice
Others	Fruit Custard	Green Salad	Gulab Jamun	Beetroot Raita	Chocolate Brownie
Type of Meals	Monday,11	Tuesday,12	Wednesday,13	Thursday,14	Friday,15
Week - 2					
Breakfast					
Main Dish	Veg Poha (without Peanuts)	Beetroot Cutlet	Daal Paratha	Pancake	Guru Nanak Jayanti
Condiments	Mint Dip	Tomato Dip	Cumin Raita	Chocolate Sauce	
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	
Egg	Chicken Sandwich		Boiled Egg	Omlette with Veggies	
Lunch					
Lentils	Mix Dhaba Daal	Choley	Dal Palak	Vegetables in Sweet n'	Guru Nanak Jayanti
Veg	Mix Veg Dry	Potatoes with Fenugreek	Shahi Paneer	Sour Gravy	
Non. Veg / Conti/ Veg.2	Egg Curry			Chicken Fried Rice	
Rice	Steamed Raita	Peas Pulao	Steamed Rice	Corn Rice	
Bread	Chapati	Ajwaini Poori	Chapati	Hakka Noodles	
Others	Vanilla Muffin	Rice Kheer	Boondi Raita	Brownie	
Type of Meals	Monday ,18	Tuesday,19	Wednesday,20	Thursday,21	Friday,22
Week - 3					
Breakfast					
Main Dish	Spinach Corn Sandwich	Veg Vermicelli	Vegetable Italian Style Macroni	Hot Dog	Veg. Puff Patty
Condiments	Tomato Dip		Tomato Dip	Tomato Dip	Tomato Dip
Fruit	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Shredded Chicken Sandwich		Seasonal Fruit	Mexican Omlette	French Bread
Lunch					
Lentils	Moong Masoor Dal	Kidney Beans	Chana Daal	Kadhi Pakoda	Bhaji
Veg	Gajar Matar Aloo	Steamed Veg. with Mayo Dip	Kadhai Paneer	Steamed Veg. with Mayo Dip	
Non. Veg / Conti/ Veg.2	Egg Curry				Chicken Fried Rice
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Dum Biryani
Bread	Chapati	Chapati	Chapati	Chapati	Pao
Others	Choco Muffin	Bottle Gourd Raita	Marble Cake Slice	Besan Laddoo	Cumin Raita
Type of Meals	Monday ,25	Tuesday,26	Wednesday,27	Thursday,28	Friday,29
Week - 4					
Breakfast					
Main Dish	Pancake	Vegetable Kathi Wrap	Methi Paratha	Sauteed Idly with Tempered Spices	Stuffed Bread Pakoda
Condiments	Chocolate Syrup	Tomato Dip	Cumin Raita and Pickle	Coconut Dip	Mint Dip
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Veg Egg Omlette		Boiled Egg	Scrambled Egg	Egg Sandwich
Lunch					
Lentils	Kala Channa Gravy	Potato in Tomato Gravy	Daal Tadka	Mix Sauce Pasta	Chana Masala
Veg	Steamed Veg. with Mayo Dip				
Non. Veg / Conti/ Veg.2	Crispy Fried Chicken	Cumin Raita	Aloo Methi	Vegetable and Cottage Cheese in Chinese Gravy	Chicken Popcorn
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Fried Rice	Veg. Pulao
Bread	Chapati	Methi Poori	Chapati	Garlic Bread	Toasted Kulcha
Others	Choco Muffin	Sweet Corn Soup	Vanilla Muffin	Corn Salad	Mint Raita

Disclaimer:

Seasonal Delights: Please note that our menu features vegetables and fruits that are sourced seasonally. Consequently, the availability of certain items may vary based on the season.

Allergy Alert: For individuals with allergies, we recommend avoiding options highlighted in **Red** as they contain **Chicken** & **Green** contain **Nuts**.

Items in **Blue** Contain **Lactose** & **Brown** contains **Egg**.

Your health and well-being are important to us.