

GD GOENKA GLOBAL - NOVEMBER '24 MENU

Type of Meals	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Week - 1					
Breakfast					
Main Dish	Vegetable Idly	Studded 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	Steamed Rice	Steamed Rice	Fried Rice
Bread	Chapati	Chapati	Chapati	Chapati	
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	Pancakes	Missi Paratha	Guru Nanak Jayanti
Condiments	Mint Dip	Tomato Dip	Honey	Cumin Raita	
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	