

GD GOENKA GLOBAL - DECEMBER '24 MENU

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Type of Meals	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Week - 1					
Breakfast					
Main Dish	Vegetable Kathi Wrap	Stuffed Kulcha	Vegetable Stovetop Macroni - Continental	Lemon Veg Vermicelli (without Nuts)	Tempered Idly
Condiments	Tomato Dip	Mint Dip	Tomato Dip	Tomato Dip	Coconut 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 Palak	Dal Makhani	Moong Masoor Dal	Rajmah Masala	Manchurian Gravy
Veg	Nutri Keema Matar	Shahi Paneer	Tawa Veg	Cumin Potato	Arrabiata Sauce Pasta
Non. Veg / Conti/ Veg.2	Egg Fried Rice				Chicken Fried Rice
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Fried Rice
Bread	Chapati	Chapati	Chapati	Chapati	Garlic Bread
Others	Fruit Custard	Corn Salad	Gulab Jamun	Green Salad	Vanilla Muffin
Type of Meals	Monday,9	Tuesday,10	Wednesday,11	Thursday,12	Friday,13
Week - 2					
Breakfast					
Main Dish	Sliced Cucumber Tomato Sandwich	Gobhi Parantha	Veg. Burger	Pancake	Vegetable Puff Patty
Condiments	Tomato Dip	Cumin Raita	Tomato Dip	Chocolate Sauce	Tomato Dip
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Boiled Egg		Chicken Sandwich	Omlette with Veggies	French Toast
Lunch					
Lentils	Mix Dhaba Daal	Kadhi Pakoda	Dal Tadka	White Channa Masala	Sambhar
Veg	Kadhai Soya Chaap	Aloo Methi	Mixed Vegetable	Kadhai Paneer Dry	Idly & Coconut Dip
Non. Veg / Conti/ Veg.2	Egg Curry				Chicken Nuggets
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Lemon Rice (Lemon Extra)
Bread	Chapati	Chapati	Chapati	Chapati	
Others	Sweet Boondi	Tuttu Frutti Muffin	Boondi Raita	Steamed Veggies with Mayo Dip	Kesari Rawa
Type of Meals	Monday,16	Tuesday,17	Wednesday,18	Thursday,19	Friday,20
Week - 3					
Breakfast					
Main Dish	Cutlet with Toasted Bread	Vegetable Porridge	Vegetable Italian Style Macroni	Stuffed Bread Pakoda	Vegetable Vermicillie
Condiments	Tomato Dip	Tomato Dip	Macroni	Mint Dip	Tomato Dip
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Boiled Egg		Mexican Omlette	French Bread	Scrambled Egg
Lunch					
Lentils	Moong Masoor Dal	Rajmah Gravy	Daal Bukhara	Kale Channe Gravy	Pao
Veg	Cottage Cheese in Pureed Spionach	Gobhi Adraki	Gajar Matar Aloo	Jeera Aloo Fry	Bhaji
Non. Veg / Conti/ Veg.2	Lemon Chicken Gravy				Chicken Biryani
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Vegetable Biryani
Bread	Chapati	Chapati	Chapati	Poori	
Others	Choco Muffin	Bottle Gourd Raita	Marble Cake Slice	Beetroot Raita	Cumin Raita
Type of Meals	Monday,23	Tuesday,24	Wednesday,25	Thursday,26	Friday,27
Week - 4					
Breakfast					
Main Dish	Vegetable Idly	Christmas Special Menu	HOLIDAY	HOLIDAY	HOLIDAY
Condiments	Coconut Dip				
Fruit	Seasonal Fruit				
Egg	Veg Egg Omlette				
Lunch					
Lentils	Punjabi Choley	Christmas Special Menu	HOLIDAY	HOLIDAY	HOLIDAY
Veg	Gajar Matar Aloo				
Non. Veg / Conti/ Veg.2	Crispy Fried Chicken				
Rice	Steamed Rice				
Bread	Chapati				
Others	Gajar Halwa				

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.