

GD GOENKA GLOBAL - JANUARY'25 MENU

Type of Meals	Monday ,13	Tuesday,14	Wednesday,15	Thursday,16	Friday,17
Breakfast	Week - 3				
Main Dish				Seasonal Fruit	Seasonal Fruit
Condiments				Boiled Egg	Srambelled Egg
Fruit				Vegetable Stovetop Macaroni (Italian Style)	Potato Onion Paratha
Egg				Tomato Dip	Cumin Raita
Lunch					
Lentils				Moong Masoor Daal	Rajma Gravy
Veg				Tangy Potatoes	Gajar Matar Aloo
Non. Veg / Conti/ Veg.2					Chicken Nuggets
Rice				Steamed Rice	Steamed Rice
Bread				Chapati	Chapati (10% Jowar and Drumstick Water)
Others				Clear Soup	Rice Kheer
Type of Meals	Monday ,20	Tuesday,21	Wednesday,22	Thursday,23	Friday,24
Breakfast	Week - 4				
Main Dish	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Condiments	Chicken Sandwich	Vegetable Burger	Bread Omlette	Boiled Egg	Srambelled Egg
Fruit	Veg. Puff		Gobhi Paratha	Stuffed Bread Fritter	Tri Colour Sandwich
Egg	Tomato Dip	Tomato Dip	Cumin Raita	Mingt Dip	Tomato Dip
Lunch					
Lentils	Dal Bukhara	Gobhi Manchurian Gravy in Sweet n Sour Sauce	Daal Tadka	Pao	Choley Masala
Veg	Paneer Do Pyaza		Tawa Veg	Bhaji	Kadhai Veg with Cottage Cheese
Non. Veg / Conti/ Veg.2	Egg Fried Rice	Vegetable Fried Rice			Chicken Wraps
Rice	Steamed Rice		Steamed Rice	Veg. Biryani	Tri Colour Pulao
Bread	Chapati	Vegetable Hakka Noodles	Chapati	Cumin Raita	Spinach Poori
Others	Green Salad	Brownie	Green Salad	Sautee Vegetable with Mint Dip	Gajar Hatwa
Breakfast	Week - 5				
Type of Meals	Monday ,27	Tuesday,28	Wednesday,29	Thursday,30	Friday,31
Breakfast					
Main Dish	Vegetable Porridge	Stuffed Potato and Cottage Cheese Kulcha	Vegetable Wrap	Crescent Puff	Pancake
Condiments	Tomato Dip	Mint Dip	Tomato Dip	Tomato Dip	Chocolate Sauce
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Veg Egg Omlette		Boiled Egg	French Toast	Scrambled Egg
Lunch					
Lentils	Sambhar	Kala Chana Gravy	Matar Paneer Gravy	Manchurian Dumplings in Chinese Gravy	Kadhi Pakoda
Veg		Potato in Dry Spices			Arrabiata Sauce Pasta
Non. Veg / Conti/ Veg.2	Chicken Popcorn		Aloo Methi		Crispy Chicken
Rice	Lemon Rice (without Nuts)	Steamed Rice	Steamed Rice	Veg. Fried Rice	Steamed Rice
Bread	Idly	Poori	Chapati	Garlic Bread	Chapati
Others	Kesari Rawa	Cumin Raita	Vermicillie Kheer	Blue Berry Muffin	Beetroot Raita