

## GD GOENKA GLOBAL - FEBRUARY '25 MENU

Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week - 1</b>						
<b>Week - 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
Breakfast						
Main Dish	Vegetable Stovetop Macroni (Italian)	Stuffed Kulcha	Hot Dog	Sweet Porridge	Cutlet with Bread Toast	
Condiments		Mint Dip	Tomato Dip		Tomato Dip	
Fruit	Tomato Dip	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	
Egg	Egg Sandwich		French Toast	Veggies Omelette	Scrambeled Egg with Toast	
Lunch						
Lentils	Daal Maharani	Kidney Beans Gravy	Mixed Lentils	Chickpea Gravy	Gobhi Manchurian ( Non Spicy )	
Veg	Cottage Cheese in Pureed Spinach	Kadhai veg	Sauteed Cauliflower	Carrot and Peas	Stir Fried Vegetables In Soya Sauce	
Non. Veg / Conti	Triyaki Chicken					
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Veg Fried Rice	
Bread	Chapati	Chapati	Chapati	Chapati	Spaghetti Aglio e Olio	
Others	Grated Carrot and Cucumber Raita	Gajar Halwa	Cream of Spinach Soup	Sweet Potato Salad	Choco Brownie	
<b>Week - 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Week - 3</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
Breakfast						
Main Dish	Veg Vermicelli without Peanuts	Potato Onion Paratha	Pancake	Idly	Baked Veg. Puff	
Condiments	Tomato Dip	Cumin Raita	Chocolate Syrup	Coconut Dip	Tomato Dip	
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	
Egg	Chicken Sandwich		Egg Sandwich	Hard Boiled Eggs	Scrambeled Egg with Toast	
Lunch						
Lentils	Palak Paneer	Malai Kofta Gravy ( Makhani Gravy)	Mixed Sauce Veg Pasta	Rajma Masala	Matar	
Veg	Aloo Matar Gravy		Dumplings in Chinese Gravy	Beans Aloo	Veg Biryani	
Non. Veg / Conti	Egg Fried Rice	Tawa Veg				
Rice	Steamed Rice	Steamed Rice	Corn Fried Rice	Steamed Rice	Kulcha	
Bread	Chapati	Chapati	Garlic Bread	Chapati	Cumin Raita	
Others	Cake Slice	Steamed Corn Salad	Vanilla Muffin	Boondi Raita	Besan Laddoo	
<b>Week - 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Week - 4</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
Breakfast						
Main Dish	Mash Potato	Coleslaw Sandwich	Vegetable Cutlet (Heart Shape)	Vegetable Poha	Veg. Burger	
Condiments	Toasted Bread	Tomato Dip	Tomato Dip	Mint Dip	Tomato Dip	
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	
Egg	Egg Sandwich		Hard Boiled Eggs	Veggies Omelette	Scrambeled Egg with Toast	
Lunch						
Lentils	Daal Makhani	Aloo Jhol	Kala Chana Gravy	Vegetable Kadhi	Stir Fry Veggies in Garlic Sauce	
Veg	Methi Aloo				Arrabiata Pasta	
Non. Veg / Conti	Chicken Nuggets	Tangy Pumpkin	Shahi Paneer	Capsicum Potatoes	Chicken Pasta	
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Steamed Rice	Fried Rice With Vegetables	
Bread	Chapati	Poori	Chapati	Chapati	Garlic Bread	
Others	Green Salad	Halwa	Beetroot Raita	Stir Fried Vegetables with Mayo Dip	Fruit Custard	
<b>Week - 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Week - 5</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Breakfast						
Main Dish	Crescent Puff	Medu Vada	HOLIDAY	Potato Paratha	Vegetable Wrap	
Condiments	Tomato Dip	Coconut Dip		Cumin Raita	Tomato Dip	
Fruit	Seasonal Fruit	Seasonal Fruit			Seasonal Fruit	
Egg	French Toast			Veggies Omelette	Scrambeled Egg with Toast	
Lunch						
Lentils	Rajsthani Daal	Matar Paneer Gravy		Vegetable Bhaji	Vegetable Dumblins in Asian Gravy	
Veg	Aloo Palak Methi				Stir Fried Vegetables	
Non. Veg / Conti	Chicken Popcorn	Mix Veg		Veg. Biryani	Chicken Fried Rice	
Rice	Steamed Rice	Steamed Rice		Pao	Steamed Rice	
Bread	Chapati	Chapati		Cumin Raita	Hakka Noodles	
Others	Gulab Jamun	Rice Kheer		Corn Salad		

**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.