

Menu By Gourmer Services Pvt. Ltd. for APRIL '26

| WEEK - 2  |      |  |  |                                   |                                  |   |                    |  |                        |                               |                    |
|-----------|------|--|--|-----------------------------------|----------------------------------|---|--------------------|--|------------------------|-------------------------------|--------------------|
| BREAKFAST |      |  |  |                                   | LUNCH                            |   |                    |  |                        |                               |                    |
| DAY       | DATE | VEG.   | NON VEG  | FRUIT / MILK / OTHERS             | DAAL / LENTIL                    | VEG                                     | CHAPATI            | RICE                                       | CONTI / VEG.           | SOUP / OTHERS                 | DESSERT / RAITA    |
| Wednesday | 8    | Vegetable Homestyle Macroni                        | Omelette (without Onion)<br>Tomato Dip         | Seasonal Fruit                    | Rajma Masala                     | Mix Veg                                 | Chapati            | Steamed Rice                               | Japanese Chicken Curry | Veg. Yakimeshi                | Green Salad        |
| Thursday  | 9    | Vegetable Poha (Without Peanut)<br>Mint Dip        | Buttered Scrambled Egg (Plain)                 | Seasonal Fruit                    | Daal Bukhara                     | Cottage Cheese with Peas Gravy          | Chapati            | Steamed Rice                               | Chicken Tarts          | Butter Milk                   |                    |
| Friday    | 10   | Vegetable Burger<br>Tomato Dip                     | Chicken Patty with Toasted Bread<br>Tomato Dip | Milk<br>Cornflakes                | Veg. Manchurian Gravy            | Sauteed Vegetable in Sweet Chilli Sauce | Veg Hakka Noodles  | Steamed Rice                               | Chicken Teriyaki Gravy | Miso Glazed Vegetables        | Choco Brownie      |
| WEEK - 3  |      |  |  |                                   |                                  |   |                    |  |                        |                               |                    |
| BREAKFAST |      |  |  |                                   | LUNCH                            |   |                    |  |                        |                               |                    |
| DAY       | DATE | VEG.   | NON VEG  | FRUIT / MILK / OTHERS             | DAAL / LENTIL                    | VEG                                     | CHAPATI            | RICE                                       | CONTI / VEG.           | SOUP / OTHERS                 | DESSERT / RAITA    |
| Monday    | 13   | Onion & Potato Paratha<br>Cumin Raita              | Boiled Eggs                                    | Seasonal Fruit                    | Mix Daal                         | Soya Chaap Masala (Small Pcs)           | Chapati            | Steamed Rice                               | Chicken Katsu Curry    | Sauteed Veggies with Mayo Dip | Green Salad        |
| Tuesday   | 14   | OFF  |  |                                   | OFF                              |   |                    |  |                        |                               |                    |
| Wednesday | 15   | Whole Wheat Stuffed Kulcha<br>Mint Dip             | Omelette (without Onion)<br>Toasted Bread      | Seasonal Fruit                    | White Chickpea Curry             | Malai Kofta                             | Chapati            | Steamed Rice                               | Japanese Chicken Curry | Clear Vegetable Broth         | Cucumber Raita     |
| Thursday  | 16   | Vegetable Vermicelli (Without Peanuts)<br>Mint Dip | Buttered Scrambled Egg (Plain)                 | Seasonal Fruit                    | Daal Tadka                       | Creamy Cottage Cheese in Tomato Gravy   | Chapati            | Steamed Rice                               | Chicken Tarts          | Sweet Lassi                   |                    |
| Friday    | 17   | Veg. Cutlet with Toasted Bread<br>Tomato Dip       | Chicken Patty with Toasted Bread<br>Tomato Dip | Milk<br>Cornflakes                | Rajma Masala                     | Mix Vegetable                           | Chapati            | Steamed Rice                               | Chicken Nuggets        | Japanese Potato Salad         | Marble Cake Slice  |
| WEEK - 4  |      |  |  |                                   |                                  |   |                    |  |                        |                               |                    |
| BREAKFAST |      |  |  |                                   | LUNCH                            |   |                    |  |                        |                               |                    |
| DAY       | DATE | VEG.   | NON VEG  | FRUIT / MILK / OTHERS             | DAAL / LENTIL                    | VEG                                     | CHAPATI            | RICE                                       | CONTI / VEG.           | SOUP / OTHERS                 | DESSERT / RAITA    |
| Monday    | 20   | Vegetable Homestyle Macroni                        | Boiled Eggs                                    | Seasonal Fruit<br>Tomato Dip      | Moong Sabut Daal                 | Nutri Keema Matar                       | Chapati            | Steamed Rice                               | Chicken Nuggets        | Miso Soy Soup                 | Bottle Gourd Raita |
| Tuesday   | 21   | Whole Wheat Cheese Sandwich<br>Potato Wedges       | Tomato Dip                                     | Seasonal Fruit                    | Daal Bukhara                     | Shahi Paneer                            | Chapati            | Steamed Rice                               | Sticky Rice Balls      | Lemon Water                   |                    |
| Wednesday | 22   | Tempered Idly<br>Coconut Dip                       | Chicken Mayo Sandwiches<br>Tomato Dip          | Seasonal Fruit                    | Rajma Gravy                      | Bottle Gourd                            | Chapati            | Steamed Rice                               | Japanese Chicken Curry | Veg. Yakimeshi                | Green Salad        |
| Thursday  | 23   | Vegetable Poha (Without Peanut)<br>Mint Dip        | Buttered Scrambled Egg (Plain)                 | Seasonal Fruit                    | Daal Tadka                       | Dum Aloo Gravy                          | Chapati            | Steamed Rice                               | Chicken Tarts          | Sweet Lassi                   |                    |
| Friday    | 24   | Vegetable Burger<br>Tomato Dip                     | Chicken Patty with Toasted Bread<br>Tomato Dip | Milk<br>Cornflakes                | Vegetable Mix Sauce Pasta        | Garlic Bread                            | Veg Hakka Noodles  | Sauteed Vegetable with Sweet n Tangy Sauce | Chicken Teriyaki Gravy | Sticky Rice Balls             | Vanilla Muffin     |
| WEEK - 5  |      |  |  |                                   |                                  |   |                    |  |                        |                               |                    |
| BREAKFAST |      |  |  |                                   | LUNCH                            |   |                    |  |                        |                               |                    |
| DAY       | DATE | VEG.   | NON VEG  | FRUIT / MILK / OTHERS             | DAAL / LENTIL                    | VEG                                     | CHAPATI            | RICE                                       | CONTI / VEG.           | SOUP / OTHERS                 | DESSERT / RAITA    |
| Monday    | 27   | Onion & Potato Paratha<br>Cumin Raita              | Boiled Eggs                                    | Seasonal Fruit                    | Rajma Masala                     | Bhindi Do Payaza                        | Chapati            | Steamed Rice                               | Chicken Katsu Curry    | Miso Glazed Vegetables        | Green Salad        |
| Tuesday   | 28   | Pancake<br>Veg. Cutlet                             | Tomato Dip                                     | Seasonal Fruit<br>Chocolate Syrup | Potato with Tomato Gravy         |   | Carrom Seeds Poori | Steamed Rice                               | Sticky Rice Balls      | Lemon Water                   | Cumin Raita        |
| Wednesday | 29   | Vegetable Vermicelli (Without Peanuts)<br>Mint Dip | Buttered Scrambled Egg (Plain)                 | Seasonal Fruit                    | Panchmel Dal                     | Arbi Aloo Masala                        | Chapati            | Steamed Rice                               | Japanese Chicken Curry | Clear Vegetable Broth         |                    |
| Thursday  | 30   | Veg. Cutlet with Toasted Bread<br>Tomato Dip       | Chicken Patty with Toasted Bread<br>Tomato Dip | Seasonal Fruit                    | Punjabi Choley in Semi Dry Gravy | Malai Kofta                             | Kulcha             | Steamed Rice                               | Chicken Tarts          |                               | Besan Laddoo       |

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 lactose allergies, we recommend avoiding options highlighted in Blue as they contain lactose, Red Contains Chicken and Eggs.

Your health and well-being are our main priority.