

" Tell me what you eat, and I will tell you what you are." - Jean Anthelme Brillat-Savarin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEAL MENU FEBRUARY 2026
2 Aloo Matar, Masala Poori, Millet Kheer 	3 Punjabi Chhole, Yellow Rice, Masala Tadka Aloo 	4 Sabut Moong Dal, Chapati, Beetroot Cottage Cheese Salad 	5 Pav Bhaji, Dal Shorba 	6 Dal Makhani, Jeera Rice, Sweet Potato Chaat 	
9 Matar Paneer, Chapati, Moong Dal Halwa 	10 Rajma Rice, Boondi Raita 	11 Vada Sambar, Veg Daliya 	12 Palak Kadi, Rice, Lobiya Chaat 	13 Dhaba Dal , Chapati, Mini Aloo Bonda 	
16 Kala Chana, Rice, Aloo Shimla Mirch 	17 Idli Sambar, Veg. Vermicelli 	18 Mix Veg, Chapati, Corn Masala 	19 Chana Dal, Onion Pulao, Shahi Tukda 	20 Palak Paneer, Chapati, White Chana Chaat 	
23 Pindi Chana, Kulcha, Gajar Halwa 	24 Veg Biryani, Veg Raita, Papad 	25 Malai Kofta, Chapati, Hot Seviyan Kheer 	26 Veg Manchurian, Veg Fried Rice, Corn Soup 	27 Soya Chaap Masala, Chapati, Murmura Bhel 	

Nutrition Fact  -Seviyan Kheer- It is rich in calcium and protein, aiding bone health and muscle growth.

THE MEAL MENU IS SUBJECT TO CHANGE AS PER THE AVAILABILITY OF THE MATERIAL.