

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Tomato Basil Pasta (D,G,Ce) Yellow Dal (Mu) Steamed Rice	Vegetable Pie (D) Chana Masala (D) Steamed Rice	Mexican Quesadillas (D,G) Methi Corn (D) Naan (G)	Dabeli (G) Chickpeas Dhokla Kadhi (D,Mu) Vegetable Rice	Pizza & Chips (D,G,Ce) Vegetable Khichadi Yoghurt (D) & Poppadum
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Berry Yoghurt (D)	Cinnamon Pastry (D,G)	Chocolate Mousse (D)	Laddu (D)	Ice-Cream (D)
WEEK 2	Main Option	Roasted Veg Spaghetti (D,G,Ce) Green Mung Dal (Mu) Steamed Rice	Hakka Noodles (S) Black Eye Beans Dal (Mu) Steamed Rice	Vegetable Tart (D,G) Aloo Mutter (D) Naan (G)	Paneer Hot Dog (D,G) Zucchini Chana Dal (Mu) Steamed Rice	Pizza & Chips (D,G,Ce) Biryani Yoghurt (D) & Poppadum
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Pot Yoghurt (D)	Chocolate Cake with Custard (D,G)	Rice Pudding (D)	Jelly	Ice-Cream (D)
WEEK 3	Main Option	Mac & Cheese (D,G) Panchmela Dal (Mu) Steamed Rice	Pesto Panini (D,G) Idli Sambhar (Mu) Steamed Rice	Waffles & Baked Beans Pav Bhaji (D,G)	Puff Pastry (G) Vegetable Kadhi (D, Mu) Steamed Rice	Pizza & Chips (D, G, Ce) Vegetable Rice Yoghurt (D) & Poppadum
	Light Meal	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits	Greens of the day Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Carrot Cake (D,G)	Choco Chips (D,G)	Cookies (D,G)	Ice-Cream (D)

Allergens:

(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1: 10/3, 31/3, 5/5, 2/6, 23/6, 14/7

Week 2: 24/2, 17/3, 21/4, 12/5, 9/6, 30/6, 21/7

Week 3: 3/3, 24/3, 28/4, 19/5, 16/6, 7/7

Ekadashi Dates: 24/2, 10/3, 25/3, 24/4, 8/5, 23/5, 6/6