

Jain Heritage School - Primary & Higher Primary

Sample Meal Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break Fast	Batata Poha	Palak Idly	Aloo Paratha	Pesaratu Dosa	Oatmeal	Set Dosa
	Mint Chutney/Imli Chutney	Breakfast Sambar	Masala Curd	Sambar	Banana & Papaya	Aloo Sagu
	Sabudana Vada	Coconut Chutney	Tomato Chutney	Coconut Chutney	Butter Bread Jam	Chutney
	Plain Milk	Dry Fruits Milk		Ragi Milk	Sweet Chutney	Horlicks
Lunch	Julienne Carrot, Cucumber, Radish Salad	Kachumbar Salad	Green Salad	Cucumber & Mint Salad	Maxican Pasta Salad	Thai Salad
	Ghee Chapati	Plain Chapati	Butter Pulka	Haldi Chapati	Paparika Potato Fry	Tawa Paratha
	Soya Mutter	Long Bean Poriyal	Paneer Do Pyaza	Jeera Aloo	Vegetable Chowmein	Kofta Curry
	Bhuna Pyaz Pulao	Mutter Jeera Pulao	Masala Pulao	Corn Pulao	Vegetable Fried Rice	Mint Pulao
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Veg Dumplings in Hot Garlic Sauce	Plain Rice
	Horsegram Rasam	Chole	Pumpkin Pulissery	Rajma	Fryums	Vegetable Sambar
	Buttermilk	Masala Curd	Plain Curd	Mint Chaas	Banana Walnut Cake	Raita
Snacks	Pineapple Birdeye Lemonade	Mixed Fruit Smoothie	Ragi Malt	Payasam	Samosa	Fruit Custard
	Pav Bhaji	Steamed Butter Corn	Girmit	Boiled Peanut Salad	Watermelon Juice	Veg Spring Roll