

2 years above

TIMINGS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30-7.00 AM	Milk, 1 Cup	Milk, 1 Cup Fresh Dates, 3-4 No	Kesar Milk, 1 Cup	Cornflakes With Milk, 1 Cup	Milk, 1 Cup	Banana Milk Shake, 1 Cup	Milk, 1 Cup
9.00-9.30 AM	Ajwain Paratha, 1 Small Curd, 1/2 Bowl	Vegetable Poha, 1 Bowl	Dal Paratha With Butter, 1 Small	Cucumber Sandwich, 1 No Coriander Mint Chutney, 1 Tbsp	Gobhi paratha, 1 Small Curd, 1/2 Bowl	Cheese Toast, 1 Slice	Namkeen Daliya, 1 Bowl
11.00-11.30 am	Banana, 1 No	Chiku Smoothie, 1 Glass	Mal Pua, 1 Pcs	Lassi, 1 Glass	Namkeen Seviyan, 1 Bowl Sliced Apple, 1/2 Bowl	Vegetable Besan Chilla, 1 No Coriander Mint Chutney, 1 Tbsp	Pasta With Vegetables
Lunch 1.00 pm	Dum Aloo, 1/2 Bowl palak poori, 2 No	Chole, 1/2 Bowl Rice 1/2 Plate	Masoor Dal 1 Bowl Rice, 1/2 Plate Chaas, 1 Glass	Tomato Salad, 1/2 Bowl Parwaral Curry, 1/2 Bowl Roti, 1 No	Sarso ka saag, 1/2 Bowl makke ki roti, 1 No Chas 1 Glass	Vegetable Khichdi, 1 bowl Curd, 1/2 Bowl	Punjabi Kadhi, 1/2 Bowl Rice, 1/2 plate
5.30 pm	Milk 1 Cup Rice Vegetable Pancake, 1 No	Milk 1 Cup Vegetable Upma, 1 Bowl	Sweet Corn Salad, 1/2 Bowl Orange Water Melon slush, 1 Glass	Bread Upma, 1 Bowl	Strawberry nut Ice Cream, 1 Scoop	Orange Rasin Muffin, 1 Small	Sliced Peach, 1/2 Bowl Suji Rusk, 2 Pc
7.30-8.00	Mix Vegetable 1/2 Bowl Roti, 1 No	Bhindi, 1/2 Bowl Roti, 1 No	Aloo Beans, 1/2 Bowl Paratha, 1 Small	Arhar Dal, 1/2 Bowl Rice, 1/2 Bowl	Aloo Zera, 1/2 Bowl Roti, 1 No	Stuffed Capsicum, 1 Pic Roti, 1 No	Spinach Baby Corn, 1/2 Bowl, Roti 1 No
10.00 Pm	Fruit Custard	Rice kheer, 1 Bowl	Milk, 1 Cup	Mango milk Shake With Nuts, 1 Glass	Carrot milk Halwa Raisins, 1 Bowl	Shahi Tukda, 1 Bowl	Kesar Rabri, 1 Bowl