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لخدمات التموين ذ.م.م

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ARABIC MENU (7) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Scarmbled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Chicken Fry		Lamb w/Potato		Beef Aries		Chicken Biryani
	Maccoroni	Okra Salona	Molukhiya	Chickpeas Salona	Kusha Salona	Carrot W/Peas salona	Potao
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER		Chicken Kabsa		Dejaj Oven	Potato	Baked Samak w/Red sauce	
	Mixed Veg.salona	Green Lenthil w/ tomato Sauce	Mixed Mahashi	Okra Salona	Spaghetti	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Pasta Bechamel	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (7) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Saksukka	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese	Scrambled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Kofta Salona		Lamb Harish		Meat Ball		Chicken Biryani
	Chickpeas Salona	Okra Salona	Molukhiya	Chickpeas Salona	Spaghetti	Carrot W/Peas salona	Potato
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER		Dejaj		Chicken Roast		Grilled Samak	
	Mixed Veg.salona	Maccoroni	Mixed Mahashi	Okra Salona	Kusha Salona	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (7) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Boilled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Meat Ball		Samak Fry		Beef Stew		Chicken Biryani
	White Lubiya Salona	Okra Salona	Molukhiya	Chickpeas Salona	Kusha Salona	Carrot W/Peas salona	Potao
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER		Lamb w/Potato		Chicken Roast		Baked Samak w/Red sauce	
	Mixed Veg.salona	Green Lenthil w/ tomato Sauce	Mixed Mahashi	Okra Salona	Cauliflower Salona	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (10) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Scarmbled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Kofta Salona		Lamb w/Potato	Mixed Fatayer	Meat Ball		Chicken Biryani
	Maccoroni	Okra Salona	Molukhiya	Chickpeas Salona	Kusha Salona	Carrot W/Peas salona	Potato
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Grilled Chicken	Chicken Kabsa Rice	Chicken Roasted		Chicken Tikka	Fried Fish	
	Mixed Veg.salona	Green Lenthil w/tomato Sauce	Okra Salona	Mixed Mahashi	Spaghetti	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Maccorone	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (10) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Saksukka	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese	Scrambled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Grilled Chicken	Chicken Kabsa	Lamb		Meat Ball w/Hummus		Chicken Biryani
	Chickpeas Salona	Okra Salona	Molukhiya	Chickpeas Salona	Spaghetti	Carrot W/Peas salona	Potato
	Arabic Rice	Maccoroni	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Samak fry	Beef Kebab		Chicken Roast	Chicken Liver	Samaka Hara	
	Mixed Veg.salona	Maccoroni	Mixed Mahashi	Okra Salona	Kusha Salona	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (10) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Boilled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Lamb Harish	Pasta Bechamel	Fish Fry		Dejaj Fry	Liver Chicken	Chicken Biryani
	White Lubiya Salona	Okra Salona	Carrot peas Salona	Molukhiya	Kusha Salona	Carrot W/Peas salona	Potato
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Chicken Kabsa	Aries		Meat balls	Lamb Kabsa Rice	Baked Samak w/Red sauce	Kusari
	Mixed Veg.salona	Green Lenthil w/tomato Sauce	Mixed Mahashi	Okra Salona	Cauliflower Salona	Molukhiya	Mixed Fatayer
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Spaghethi	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (14) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Scarmbled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Kofta Salona	Baked Fish	Tandoori Chicken	Mixed Fatayer	Meat Ball	Lamb Harish	Chicken Biryani
	Maccoroni	Okra Salona	Molukhiya	Chickpeas Salona	Kusha Salona	Carrot W/Peas salona	Potato
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Grilled Chicken	Chicken Kabsa Rice	Lamb w/Potato	Chicken Fry	Chicken Tikka	Fried Fish	Aries Mixed
	Mixed Veg.salona	Green Lenthil w/tomato Sauce	Okra Salona	Mixed Mahashi	Spaghetti	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Maccorone	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Kusari
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (14) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Saksukka	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese	Scrambled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Ggrilled Chicken Kofta	Fish Fry	Meat Ball w/Hummus	Lamb W/Potato	Chicken Tikka	Arabic Fettah	Chicken Biryani
	Chickpeas Salona	Okra Salona	Molukhiya	Chickpeas Salona	Spaghetti	Carrot W/Peas salona	Potato
	Arabic Rice	Maccoroni	Arabic Rice	Arabic Rice	Arabic Rice	Pasta Beshamel	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Lamb Harish	Aries	Chicken Kabsa	Chicken Roast	Chicken Liver	Samaka Hara	Mixed Fatayer
	Mixed Veg.salona	Maccoroni	Mixed Mahashi	Okra Salona	Kusha Salona	Molukhiya	Okra Tomatoto Sauce
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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ARABIC MENU (14) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas	Foul Medammas
	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread	Arabic Bread/Sliced Bread
	Fresh Youghurt	Boilled Egg	Salad With 2 ps Feta Cheese	Fresh Youghurt	Salad With 2 ps Feta Cheese	Boilled Egg	Salad With 2 ps Feta Cheese
	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter	Jam & Butter
	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk	Coffee / Tea with milk
LUNCH	Lamb Harish	Aries	Chicken Kabsa	Chicken Roast	Chicken Liver	Samaka Hara	Chicken Biryani
	White Lubiya Salona	Okra Salona	Carrot peas Salona	Molukhiya	Kusha Salona	Carrot W/Peas salona	Potato
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Youghurt
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
DINNER	Ggrilled Chicken Kofta	Fish Fry	Meat Ball w/Hummus	Lamb W/Potato	Chicken Tikka	Arabic Fettah	Dejaj Fry
	Mixed Veg.salona	Green Lenthil w/tomato Sauce	Mixed Mahashi	Okra Salona	Cauliflower Salona	Molukhiya	Mixed Fatayer
	Arabic Rice	Arabic Rice	Arabic Rice	Arabic Rice	Spaghethi	Arabic Rice	Arabic Rice
	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Vermecelli Sweet		Custard Sweets			Semolina sweet	

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Phillipino Junior Menu

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PHILLIPINO JUNIOR MENU (7) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	RICE	FRIED RICE	RICE	RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH		FRIED FISH	CHICKEN ADOBO		CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		CHICKEN ASADO				BEEF AFRITADA	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
	SWEET		FRUIT		SWEET		

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PHILLIPINO JUNIOR MENU (7) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	RICE	RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN		CHICKEN AFRITADA		CHICKEN TINOLA		CHICKEN OYSTER
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES REPOLYO GUISADO	SIDE DISHES CABBAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		FISH SINAGANG		BEEF BULALO		FRIED FISH	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT /BEANS	SIDE DISHES CAULIFLOW-ER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
	SWEET		FRUIT		SWEET		

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PHILLIPINO JUNIOR MENU (7) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	FRIED RICE	RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		FISH SWEET & SOUR		FISH PAKSIW		FRIED FISH	CHICKEN THAILAND FOOD
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	BEEF STEAK (BISTEK)		CHICKEN FRIED		MUTTON CULDARETTA		
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULIFLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULIFLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
	SWEET		FRUIT		SWEET		

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PHILLIPINO JUNIOR MENU (10) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	RICE	RICE	FRIED RICE	RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN CURRY		CHICKEN AFRITADA		FRIED FISH
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN ASADO	MEAT BALL		CHICKEN ADOBO		CHICKEN ROSTO	MUTTON CULDARETTA
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
	SWEET		FRUIT		SWEET		

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PHILLIPINO JUNIOR MENU (10) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	RICE	FRIED RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN ADOBO	FRIED FISH	CHICKEN AFRITADA	TILAPIA SWEET & SOUR		FISH PAKSIW	FRIED CHICKEN
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES REPOLYO GUISADO	SIDE DISHES CABBAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		CHICKEN CURRY		CHICKEN FRIED	BEEF SINIGANG	CHICKEN (GINATAANG MANOK)	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT / BEANS	SIDE DISHES CAULIFLOW-ER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK

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PHILLIPINO JUNIOR MENU (10) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	FRIED RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN THAILAND FOOD	FISH SWEET & SOUR	CHICKEN ADOBO		BEEF OYSTER SAUCE	FRIED FISH	CHICKEN FRIED
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		BEEF BULALO		CHICKEN TINOLA	CHICKEN FRIED	FRIED CHICKEN/SPICY	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULIFLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK

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PHILLIPINO JUNIOR MENU (14) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN CURRY	FRIED FISH	CHICKEN AFRITADA	FRIED FISH	CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	MEAT BALL	CHICKEN ASADO	BEEF AFRITADA	CHICKEN BASIL	BEEF KEMA	CHICKEN ROSTO	MUTTON KEMA
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK

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PHILLIPINO JUNIOR MENU (14) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ON-ION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN THAILAND FOOD	FRIED FISH	CHICKEN ADOBO	TILAPIA SWEET & SOUR	CHICKEN ASADO	FISH PAKSIW	FRIED CHICKEN
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES REPOLYO GUISADO	SIDE DISHES CABBAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	BEEF STIR-FRY	CHICKEN CURRY	MEAT BALL	CHICKEN SINAMPALUKAN	BEEF SINIGANG	CHICKEN TINOLA	CALDERETA BEEF STEW
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGG-PLANT /BEANS	SIDE DISHES CAULI-FLOWER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET		SWEET		SWEET
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK

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PHILLIPINO JUNIOR MENU (14) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	RICE	FRIED RICE	RICE	RICE
	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM	SLICED BREAD & JAM
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN THAILAND FOOD	FISH SWEET & SOUR	CHICKEN CURRY	FISH PAKSIW	BEEF OYSTER SAUCE	FRIED FISH	FRIED CHICKEN
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	BEEF STEW	CHICKEN ADOBO	BEEF AFRITADA	CHICKEN TINOLA	CHICKEN MENUDO	FRIED CHICKEN/SPICY	BEEF BULALO
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULIFLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULIFLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET			SWEET	
	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK	COFFEE,TEA & MILK

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PHILLIPINO LABOUR MENU (7) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	RICE	FRIED RICE	RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH		FRIED FISH	CHICKEN ADOBO		CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		CHICKEN ASADO				BEEF AFRITADA	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		FRUIT			SWEET	

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PHILLIPINO LABOUR MENU (7) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	FRIED CHICKEN		CHICKEN AFRITADA		CHICKEN TINOLA		CHICKEN OYSTER
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES RE-POLYO GUISADO	SIDE DISHES CAB-BAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		FISH SINAGANG		BEEF BULALO		FRIED FISH	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT /BEANS	SIDE DISHES CAULI-FLOWER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET	FRUIT		SWEET			

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PHILLIPINO LABOUR MENU (7) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC	SAUSAGES W/ ONION & GARLIC
	FRIED RICE	RICE	RICE	FRIED RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		FISH SWEET & SOUR		FISH PAKSIW		FRIED FISH	CHICKEN THAILAND FOOD
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	BEEF STEAK (BISTEK)		CHICKEN FRIED		CHICKEN MENUDO		
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		FRUIT		SWEET		

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PHILLIPINO LABOUR MENU (10) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	RICE	RICE	FRIED RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN CURRY		CHICKEN AFRITADA		FRIED FISH
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	MEAT BALL	CHICKEN ASADO		CHICKEN ADOBO		CHICKEN ROSTO	MUTTON KEMA
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEG-TABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		JUICE			FRUIT	

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PHILLIPINO LABOUR MENU (10) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	FRIED RICE	RICE	RICE	RICE	FRIED RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN AFRITADA	TILAPIA SWEET & SOUR		FISH PAKSIW	CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES REPOLYO GUISADO	SIDE DISHES CABBAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		CHICKEN CURRY		CHICKEN SINAMPALUKAN	BEEF SINIGANG	CHICKEN (GINATAANG MANOK)	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT /BEANS	SIDE DISHES CAULI-FLOWER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET			SWEET	

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PHILLIPINO LABOUR MENU (10) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	RICE	FRIED RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FISH SWEET & SOUR	BEEF BULALO		BEEF OYSTER SAUCE	FRIED FISH	CHICKEN THAILAND FOOD
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		CHICKEN ADOBO		CHICKEN TINOLA	CHICKEN FRIED	FRIED CHICKEN/SPICY	
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET	FRUIT		SWEET			

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PHILLIPINO LABOUR MENU (14) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	FRIED RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN CURRY	FRIED FISH	CHICKEN AFRITADA	FRIED FISH	CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEG-TABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	MEAT BALL	CHICKEN ASADO	BEEF AFRITADA	CHICKEN BASIL	BEEF KEMA	CHICKEN ROSTO	MUTTON KEMA
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES VEG-TABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEGTABLES	SIDE DISHES VEG-TABLES	SIDE DISHES VEGTABLES
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET			SWEET	

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PHILLIPINO LABOUR MENU (14) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ON-ION & GARLIC	BOILING EGGS	PANCIT GUISADO	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	FRIED CHICKEN	FRIED FISH	CHICKEN AFRITADA	TILAPIA SWEET & SOUR	CHICKEN ASADO	FISH PAKSIW	CHICKEN SINIGANG
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES MIXED VEG.	SIDE DISHES CHOP SUEY	SIDE DISHES WHITE PUMPKIN	SIDE DISHES REPOLYO GUISADO	SIDE DISHES CABBAGE	SIDE DISHES CUT BEANS	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	BEEF STIR-FRY	CHICKEN CURRY	MEAT BALL	CHICKEN SINAMPALUKAN	BEEF SINIGANG	CHICKEN (GINATAANG MANOK)	CALDERETA BEEF
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT /BEANS	SIDE DISHES CAULI-FLOWER W/ CARROTS	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES PAKBET	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	SWEET		SWEET			SWEET	

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PHILLIPINO LABOUR MENU (14) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
	SAUSAGES W/ ONION & GARLIC	BOILING EGGS	LUNCHEON (CHICKEN)	CHICKEN LIVER	SAUSAGES	SCRAMBLED EGGS	ARROZ CALDO (CHICKEN)
	RICE	FRIED RICE	RICE	RICE	RICE	RICE	RICE
	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK	TEA & MILK
LUNCH	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	CHICKEN THAILAND FOOD	FISH SWEET & SOUR	CHICKEN CURRY	FISH PAKSIW	BEEF OYSTER SAUCE	FRIED FISH	FRIED CHICKEN
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES CABBAGE	SIDE DISHES MIXED VEG.	SIDE DISHES WHITE PUMPKIN	SIDE DISHES MARROW	SIDE DISHES CABBAGE	SIDE DISHES CHOP SUEY	SIDE DISHES GREEN PEAS
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE	JUICE
				FRUIT			FRUIT
DINNER	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
	BEEF STEW	CHICKEN ADOBO	BEEF AFRITADA	CHICKEN TINOLA	CHICKEN MENUDO	FRIED CHICKEN/SPICY	BEEF BULALO
	RICE	RICE	RICE	RICE	RICE	RICE	RICE
	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH	SIDE DISHES MIXED VEG.	SIDE DISHES EGGPLANT	SIDE DISHES CAULI-FLOWER	SIDE DISHES SPINACH
	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD	SALAD
		SWEET		SWEET			SWEET

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Asian Labour Vegetable Menu

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ASIAN LABOUR VEGETABLE MENU - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Blackeye beans	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Veg Korma	Sambar	Baigan Alu	Yam Curry	Alu Gobi	Cabbage	Veg.Biryani
	Greenpeas	Soyabean	Blackeye Beans	Greenpeas	Redkidney Beans	White Lubiya	Dall fry
	Dall	Dall	Mixed Dall	Dall	Mixed Dall	Sambar	Salad & Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Banana and pickle
DINNER	Beetroot Curry	Mixed Veg.	CauliFlower	Cutbeans	Dahi Curry	Avial Curry	Marrow Masala
	White Chickpes	Rajma	Kabuli Chana	Soyabean	WhiteChick Peas	Green Peas	Dahi Curry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Semollina Sweet				Custard Sweet		

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ASIAN LABOUR VEGETABLE MENU - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Sambar	alu gobi	Bottlegaurd	Cabbage Alu	Marrow Masala	Yam Curry	Veg.Biryani
	Black Chana	White Kidney beans	Soyabean	GreenPeas	Blackeye Beans	Chana Masala	Dall
	Dall	Dall	Dall	Dall	Dall	Dall	Raitha / Salad
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Fruit & Pickle
DINNER	Palak	Mixed Veg.	Alu Baigan	Cauliflower Curry	Cut Beans	Mixed Veg.	Dahi Curry
	Green Peas	Blackeye Beans	White Chickpeas	Black Chana	Rajma	Soyabean	Alu Gobi
	Dall	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Rassam		Sago Sweet			Semollina Sweet	

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ASIAN LABOUR VEGETABLE MENU - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Chana Dall	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Alu Gobi	Soyabean	Sambar	Alu Palak	Fresh Mix.Veg	Cabbage w/cutbeans	Veg.Biryani
	Chana Masala	Greenpeas Masala	Blackchickpeas	Red Kidney Beans	Chana Masala	Whitekidney beans	Dall Fry
	Dall	Dall	Dall	Dall	Dall	Dall	Raitha & Papadam
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Fresh fruit and pickle
DINNER	Mixed Veg	Cutbeans Potato	Marrow Masala	Alu Gobi	Baigan Masala	Redpumpkin	Fresh Mixed Veg.
	Blackeye Beans	Youghurt Curry	White Lubiya	Greenpeas Masala	Black Eyebeans	Youghurt Curry	Black Chana
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Sweet		Rassam		Sweet		Rassam

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Junior Asian Menu

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JUNIOR ASIAN MENU (3) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Dall	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Alu chana masala	Fish fry	Aloo gobi	Chana Masala	Alu Palak	Sambar	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruits and pickle
DINNER	Mixed Veg.	Cut Beans Potato	White Chickpeas	Chicken Fry	Black Chana	White Kidney Beans	Palak Alu
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (3) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Aloo Chana	Egg curry	Mixed Dall	Greenpeas Masala	Sambar	Aloo gobi	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruits and pickle
DINNER	Veg. Kurma	Bottle Guard w/Potato	Black Eyebeans w/Alu	Fish Fry	Mixed veg w/soyabean	Alu Mutter	Mixed Veg.
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (3) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	White chana	Dall fry	Blakeye Beans	Green Moong dall	Black chana	Dall	Mixed Dall Fry
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
		Boilled Egg				Egg Burji	
LUNCH	Bottle Guard w/Po-tato	Mutton curry	Cut Beans Curry	Soyabean curry	Aluu Baigun	Mixed Veg.	Chicken Biryani
	Dall	Dall Fry	Dall	Dall Fry	Dall	Dall Fry	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruits and pickle
DINNER	Alu Gobi	Greenpeas Masala	Alu Palak	Karela w/Chana Dall	Sausage Masala	Chana Masala	Rajma Masala
	Dall Fry	Mixed Dall	Dall	Dall	Dall Fry	Mixed dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sweet	Rassam	Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (6) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Eggs				Egg Burji
LUNCH	Alu Gobi	Veg korma	Fish Curry	Soyabean mutter	Chicken Kadai	Sambar	Chicken Biryani
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Dall
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Salad & Raitha
	Dall	Dall	Dall	Dall	Dall	Dall	Fresh Fruits and pickle
DINNER	Chana Masala	Chicken Fry	Green Peas /Potato	Egg Masala	Alu Palak	Sausage Masala	Fish fry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Semollina Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (6) PROTEIN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moon Dall	Dall Fry	Toor Dall	Mix.Veg.	White Chickpeas	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Alu chana masala	Egg Curry	Chicken Fry	Aluu Matter	Fish Fry	Aloo Gobi	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruits and pickle
DINNER	Sausage Masala	Cutbeans Bhaji	Alu Palak	Chicken Sukka	White Beana Masala	Avial Curry	Mixed Veg.
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (6) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Rajma Masala	Spicy Chicken fry	Sambar	Soyabean w/Potato	Mutton Masala	Greenpeas Msala	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruits and pickle
DINNER	Egg Curry	Alu Baigan	Chana Masala	Fried Egg Masala	Palak Chana	Fish Fry	Mixed Veg.
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (8) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	white Chana	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Eggs				Egg Burji
LUNCH	paper Chicken Kadai	Fish Fry	Chicken Fry	Soyabean mutter	Fish Curry	Alu Palak	Chicken Biryani
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Dall Fry
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Papadam & Raitha
	Dall	Dall	Dall	Dall	Dall	Dall	Banana and pickle
DINNER	Rajma Masala	Sausage Masala	Black Chana	Egg Curry	white Kidney Beans	Chicken Sukka	Dahi Curry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Semollina Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (8) PROTEIN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Egg Masala	Chicken Kadai	Fish Fry	Fresh Mix Veg.	Egg Curry	Sambar	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fruits and pickle
DINNER	Green Beans W/Potato	Sausage	Soya Mutter	Mutton Curry	Alu Marrow	Chicken Fry	Potato Yam curry
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (8) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boiled Egg
LUNCH	Aloo Chana	Chicken Fry	Chicken Sukka	Greenpeas Masala	Muuton Curry	Aloo gobi	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fruits and pickle
DINNER	Egg Curry	Fish Curry	Rajma Curry	Sausae Masala	Fresh Mixed veg.	Fish fry	Mix Veg. Soyabean
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (10) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Eggs				Egg Burji
LUNCH	Red kidney beans / potato	Chicken fry	Fish curry	Chicken Palak	Alu Gobi Curry	Chicken curry	Chicken Biryani
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Dall Fry
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Papadam & Raitha
	Dall	Dall	Dall	Dall	Dall	Dall	Fresh Fruit & Pickle
DINNER	Egg Curry	Alu Baigan	Chicken masala	Egg Masala	Sausage	Fish Fry	Mix.Veg/Soyabean
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Semollina Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (10) PROTEIN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Fish Curry	Egg curry	Chicken Fry	Greenpeas Masala	Fish fry	Aloo gobi	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Red Apple and pickle
DINNER	Sausage Masala	Chicken Curry	Alu Palak	Chicken Sukka	White Beans Masala	Egg Masala	Keema Mutter
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (10) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	White chana /potato	Dall fry	Blakeye Beans	Green Moong dall	Black chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Chicken Masala	Chicken fry	Sausage	Soyabean curry	Mutton Masala	Greenpeas Masala	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Orange and pickle
DINNER	Egg Curry	Fish Curry	Chana Masala	Egg Masala	Palak Chana	Sausage	Fish Fry
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (12) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Sausage	Chicken Fry	Chicken Curry	Fish Curry	Gobi Masala	Chicken Curry	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Orange and pickle
DINNER	Egg Masala	Fish Curry	Alu Chana	Chicken Sukka	Egg Masala	Fish fry	Keema Mutter
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (12) PROTEIN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Egg Masala	Chicken Curry	Fish Fry	Cabbage with potato	Egg Curry	Fish Curry	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Fresh Fruit and pickle
DINNER	Chicken Fry	Sausage	Chicken Sukka	Mutton Curry	Chicken Sausage	Chicken Fry	Potato Yam curry
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (12) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Sausage	Chicken Fry	Chicken Curry	Fish Curry	Gobi Masala	Chicken Curry	Chicken Biryani
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Orange and pickle
DINNER	Egg Masala	Fish Curry	Alu Chana	Chicken Sukka	Egg Masala	Fish fry	Keema Mutter
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (14) PROTEIN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Blackeye beans	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Eggs				Egg Burji
LUNCH	paper Chicken Kadai	Spicy Fried Chicken	Fish fry	Egg curry	Chicken masala	Chicken fry	Chicken biryani/veg. biryani-
	Alu Gobi	Veg korma	Sambar	Soyabean mutter	Alu Baigan	Sambar	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Dall Fry
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Papadam & Raitha
	Dall	Dall	Dall	Dall	Dall	Dall	Banana and pickle
DINNER	Mutton Masala	Chicken curry	Sausage Masala	Chicken Korma Masala	Fish curry	Egg Masala	Fish fry
	Chana Masala	Cut Beans bhaji	Green Peas /Potato	Mixed veg kadai	Alu Palak	Cauliflower Potato	Red Kidney Beans
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Semollina Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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JUNIOR ASIAN MENU (14) PROTEIN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Dall	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Egg Burji				Boilled Egg		
LUNCH	Chicken Fry	Fish fry	Chicken Kadai	Mutton curry	Chicken sukka	Fish curry	Chicken biryani/veg. biryani-
	Alu chana masala	Sambar	Aloo gobi	Chana Masala	Alu Palak	Sambar	White Rice
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Red Apple and pickle
DINNER	Egg Masala	Sausage Curry	Chicken Fry	Egg Masala	Chicken Curry	Chicken Fry	Chicken Masala
	Mixed Veg.	Cut Beans Potato	White Chickpeas	Alu Gobi	Black Chana	White Kidney Beans	Palak Alu
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Salad	Rassam	Sago Sweet	Rassam	Salad	Semollina Sweet	Rassam

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JUNIOR ASIAN MENU (14) PROTEIN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam	Sliced Bread and jam
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
			Boilled Egg				Boilled Egg
LUNCH	Chicken Curry	Egg curry	Chicken Fry	Chicken Curry	Fish fry	Chicken Fry	Chicken biryani/veg. biryani-
	Aloo Chana	Soyabean Muttter	Mixed Dall	Greenpeas Masala	Sambar	Aloo gobi	White Rice
	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall Fry	Mixed Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Papadam & Raitha
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Orange and pickle
DINNER	Fish Fry	Mutton Curry	Fish Curry	Chicken Sukka	Egg Masala	Chicken curry	Sausage Curry
	Veg. Kurma	Bottle Guard w/Potato	Black Eyebeans w/Alu	Cabbage Thoran	Mixed veg w/soyabean	Alu Mutter	Mixed Veg.
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Sweet	Rassam	Salad	Rassam	Custard Sweet	Salad	Rassam

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ASIAN LABOUR MENU (3) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	white Chana	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Alu Gobi	Fish Fry	Bottle Guard Veg.	Soyabean mutter	Alu Baigan	Alu Palak	Chicken Biryani
	Dall	Dall	Dall	Mixed Dall	Dall	Dall	Dall fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha
DINNER	Rajma Masala	Mixed Vegetables	Black Chana	Chicken fry	white Kidney Beans	Alu Mutter	Pumpkin w/Chick-peas
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Sweet		Rassam			

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ASIAN LABOUR MENU (3) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Chapathi	Chapathi	Parotha	Chapathi	Chapathi	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Alu chana masala	Egg Masala	Aloo Gobi	Cabbage with potato	Palak Chana	Sambar	Chicken Biryani
	Mixed Dall	Dall	Dall Fry	Dall	Dall	White Kidney Beans	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Red Apple
DINNER	Green Beans W/Potato	Marrow Masala	Soya Mutter	Fish Fry	Beans Alu pumpkin	Rajma Curry	Potato Yam curry
	Dall	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sago Sweet				Rassam

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ASIAN LABOUR MENU (3) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Aloo Chana	Mutton Curry	Mixed Veg. Curry	Greenpeas Masala	Pumpkin w/Mutter	Aloo gobi	Chicken Biryani
	Dall	Dall	Mixed Dall	Dall	Dall	Dall	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Pickle
DINNER	Dahi Curry	Alu Cabbage peas	Rajma Curry	Cutbeans Potato	Sausage Curry	Chana Masala	Mix Veg. Soyabean
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sweets			Rasam	

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ASIAN LABOUR MENU (6) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Alu chana masala	Cabbage with potato	Fish Curry	Alu Palak	Chicken sukka	Sambar	Chicken Biryani
	Dall	Dall Fry	Dall	Dall Fry	Dall	Dall	Dall
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha & Pickle
DINNER	Mixed Veg.	Chicken Fry	Soyabean Veg.	Egg Masala	Chana Masala	Sausage Curry	Alu Gobi
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Rassam				Semollina Sweet	

ASIAN LABOUR MENU (6) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Aloo Chana	Egg curry	Chicken Fry	Greenpeas Masala	Fish fry	Aloo gobi	Chicken Biryani
	Dall	Dall Fry	Mixed Dall	Dall	Sambar	Toor Dall	Dall
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha & Pickle
DINNER	Sausage Masala	Cutbeans Potato	Alu Palak	Chicken Sukka	White Beans Masala	Yam Curry	Fresh mix veg.
	Dall	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Rassam				Sweet		

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ASIAN LABOUR MENU (6) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	White chana /potato	Dall fry	Blakeye Beans	Green Moong dall	Black chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Red kidney beans / potato	Chicken fry	Sambar	Soyabean curry	Mutton curry	Greenpeas Masala	Chicken Biryani
	Dall	Mota dall fry	Dall Fry	Dall	Dall	Dall	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Banana
DINNER	Egg Curry	Alu Baigan	Chana Masala	Egg Masala	Palak Chana	Fish Fry	Mixed Veg.
	Dall Fry	Mixed Dall	Dall	Dall	Dall Fry	Mixed dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Rassam		Rassam		Rassam	

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ASIAN LABOUR MENU (8) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	white Chana	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Curry	Fish Fry	Chicken Fry	Soyabean mutter	Fish Curry	Alu Palak	Chicken Biryani
	Dall	Dall	Dall	Mixed Dall	Dall	Dall	Dall fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha
DINNER	Rajma Masala	Sausage Masala	Black Chana	Egg Curry	white Kidney Beans	Chicken Sukka	Dahi Curry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Sweet		Rassam			

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ASIAN LABOUR MENU (8) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Chapathi	Chapathi	Parotha	Chapathi	Chapathi	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Egg Masala	Chicken Curry	Fish Fry	Cabbage with potato	Egg Curry	Sambar	Chicken Biryani
	Mixed Dall	Dall	Dall Fry	Dall	Dall	White Kidney Beans	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Red Apple
DINNER	Green Beans W/Potato	Sausage	Soya Mutter	Mutton Curry	Alu Marrow	Chicken Fry	Potato Yam curry
	Dall	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sago Sweet			Rassam	

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ASIAN LABOUR MENU (8) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Aloo Chana	Chicken Fry	Chicken Curry	Greenpeas Masala	Muuton Keema	Aloo gobi	Chicken Biryani
	Dall	Dall	Mixed Dall	Dall	Dall	Dall	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Pickle
DINNER	Egg Curry	Fish Curry	Rajma Curry	Sausage Curry	Fresh Mixed veg.	Fish fry	Mix Veg. Soyabean
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
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ASIAN LABOUR MENU (10) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Red kidney beans / potato	Chicken fry	Fish curry	Chicken Palak	Alu Gobi Curry	Chicken curry	Chicken Biryani
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha & Pickle
DINNER	Egg Curry	Alu Baigan	Chicken masala	Egg Masala	Sausage	Fish Fry	Mix.Veg/Soyabean
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Rassam				Semollina Sweet	

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ASIAN LABOUR MENU (10) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Fish Curry	Egg curry	Chicken Fry	Greenpeas Masala	Fish fry	Aloo gobi	Chicken Biryani
	Dall	Dall Fry	Mixed Dall	Dall	Sambar	Toor Dall	Dall
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha & Pickle
DINNER	Sausage Masala	Chicken Curry	Alu Palak	Chicken Sukka	White Beans Masala	Egg Masala	Keema Mutter
	Dall	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Rassam				Sweet		

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ASIAN LABOUR MENU (10) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	White chana /potato	Dall fry	Blakeye Beans	Green Moong dall	Black chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Masala	Chicken fry	Sausage	Soyabean curry	Mutton curry	Greenpeas Masala	Chicken Biryani
	Dall	Mota dall fry	Dall Fry	Dall	Dall	Dall	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Banana
DINNER	Egg Curry	Fish Curry	Chana Masala	Egg Masala	Palak Chana	Sausage	Fish Fry
	Dall Fry	Mixed Dall	Dall	Dall	Dall Fry	Mixed dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Rassam		Sweet			Rasam

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ASIAN LABOUR MENU (12) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	white Chana	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Curry	Fish Fry	Chicken Fry	Chicken Curry	Fish Curry	Alu Palak	Chicken Biryani
	Dall	Dall	Dall	Mixed Dall	Dall	Dall	Dall fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Raitha
DINNER	Egg Masala	Sausage Masala	Black Chana	Egg Curry	Mutton Keema	Chicken Sukka	Fish Curry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Sweet		Rassam			

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ASIAN LABOUR MENU (12) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Chapathi	Chapathi	Parotha	Chapathi	Chapathi	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Egg Masala	Chicken Curry	Fish Fry	Cabbage with potato	Egg Curry	Fish Curry	Chicken Biryani
	Mixed Dall	Dall	Dall Fry	Dall	Dall	White Kidney Beans	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Red Apple
DINNER	Chicken Palak	Sausage	Chicken /Potato	Mutton Curry	Chicken Sausage	Chicken Fry	Potato Yam curry
	Dall	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sago Sweet			Rassam	

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ASIAN LABOUR MENU (12) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Sausage	Chicken Fry	Chicken Curry	Fish Curry	Gobi Masala	Chicken Curry	Chicken Biryani
	Dall	Dall	Mixed Dall	Dall	Dall	Dall	Raitha
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Pickle
DINNER	Egg Masala	Fish Curry	Alu Chana	Chicken Sukka	Egg Masala	Fish fry	Keema Mutter
	Dall Fry	Mixed dall	Dall	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sweets			Rasam	

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ASIAN LABOUR MENU (14) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Blackeye beans	Mixed veg.	Black chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken masala	Chicken fry	Fish fry	Egg curry	Chicken masala	Chicken fry	Chicken biryani/ White rice
	Alu Gobi	Veg korma	Sambar	Soyabean mutter	Alu Baigan	Sambar	Dall fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Papadam & Raitha
							Banana and pickle
DINNER	Mutton curry	Chicken curry	Sausage curry	Chicken fry	Fish curry	Egg curry	Fish fry
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
		Rassam		Rassam			Rassam

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ASIAN LABOUR MENU (14) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Fry	Fish fry	Chicken curry	Mutton curry	Chicken sukka	Fish curry	Chicken biryani/ White rice
	Alu chana masala	Sambar	Aloo gobi	Cabbage with potato	Dall palak	Sambar	Dall Fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Papadam & Raitha
							Red Apple and pickle
DINNER	Egg Masala	Sausage Curry	Chicken Fry	Egg Masala	Chicken Curry	Chicken Fry	Chicken Masala
	Dall Palak	Mixed Dall	Tadka Dall	Dall Fry	Dall	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
			Sago Sweet				Rassam

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ASIAN LABOUR MENU (14) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Toor Dall	Mix veg.	Black Chana	Dall	White Chickpeas
	Chapathi	Parotha	Chapathi	Parotha	Chapathi	Parotha	Chapathi
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Curry	Egg curry	Chicken Fry	Chicken Curry	Fish fry	Chicken Fry	Chicken biryani/ White rice
	Aloo Chana	Soyabean Muttter	Mixed Dall	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	White Rice /Motta Rice	Papadam & Raitha
							Red Apple and pickle
DINNER	Fish Fry	Mutton Curry	Fish Curry	Chicken Sukka	Egg Masala	Chicken curry	Sausage Curry
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice	White Rice / Boiled Rice
	Sweet			Rassam			Rassam

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Senior Asian Menu

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ASIAN SENIOR MENU (3) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Fish Curry					Chicken & Veg .biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
DINNER				Chicken fry			
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (3) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Egg Masala					Chicken & Veg .biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
DINNER				Chicken Tikka			
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

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ASIAN SENIOR MENU (3) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Alu Bhaji	Mixed Dall	Black Chana	Chana Dall	Sambar
	Chapathi	Parotha	Poori	Upmma w/Chutney	Chapathi	Parotha	Methi Odah
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	White Oats	Plain Youghurt	Egg Burji	Plain Youghurt	White Oats	Boilled Eggs	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Mutton Masala					Chicken & Veg .biryani
	Aloo Chana	Soyabean Muttter	Chana Masala	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Jeera Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
DINNER					Beef Fry		
	Cabbage Thoran	Veg Korma Masala	Bhindi Masala	Karela Bhaji	Rajma Alu	Black Chana	Palak Paneer
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Fresh Fruit	Rassam	Custard Sweet	Fresh Fruit	Rassam

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ASIAN SENIOR MENU (6) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH			Fish fry		Mutton Curry		Chicken & Veg .biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER		Chicken Fry		Egg Fried Masala	Chicken Tikka	Beef Masala	Fish fry
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (6) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Egg Curry	Butter Chicken Masala		Fish Masala		Chicken & Veg .biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Sausage Kadai			Fried Chicken			
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

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ASIAN SENIOR MENU (6) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Alu Bhaji	Mixed Dall	Black Chana	Chana Dall	Sambar
	Chapathi	Parotha	Poori	Upmma w/Chutney	Chapathi	Parotha	Methi Odah
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	White Oats	Plain Youghurt	Egg Burji	Plain Youghurt	White Oats	Boilled Eggs	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Chicken Fry			Mutton Dopiaza		Chicken & Veg .biryani
	Aloo Chana	Soyabean Muttter	Chana Masala	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Jeera Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Egg Masala			Sausage Kadai		Fish Fry	
	Cabbage Thoran	Veg Korma Masala	Bhindi Masala	Karela Bhaji	Rajma Alu	Black Chana	Palak Paneer
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Fresh Fruit	Rassam	Custard Sweet	Fresh Fruit	Rassam

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ASIAN SENIOR MENU (8) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Beef Curry	Chicken Fry	Fish Fry		Mutton Kadai		Chicken & Veg .biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER		Sausage Kadai		Egg Curry		Chicken Tikka	
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (8) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Egg Masala	Chicken Curry	Fish Fry		Fish Curry		Chicken & Veg .biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER		Sausage		Mutton Paper		Mutton Keema	
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

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ASIAN SENIOR MENU (8) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Alu Bhaji	Mixed Dall	Black Chana	Chana Dall	Sambar
	Chapathi	Parotha	Poori	Upmma w/Chutney	Chapathi	Parotha	Methi Odah
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	White Oats	Plain Youghurt	Egg Burji	Plain Youghurt	White Oats	Boilled Eggs	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Fish Fry	Chicken Fry	Mutton kemma		Paper Chicken		Chicken & Veg .biryani
	Aloo Chana	Soyabean Muttter	Chana Masala	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Jeera Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Egg Curry	Fish Curry		Sausage Fry		Fish Fry	
	Cabbage Thoran	Veg Korma Masala	Bhindi Masala	Karela Bhaji	Rajma Alu	Black Chana	Palak Paneer
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Fresh Fruit	Rassam	Custard Sweet	Fresh Fruit	Rassam

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ASIAN SENIOR MENU (10) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH		Chicken fry	Fish curry	Chicken Palak		Chicken Tikka	Chicken Biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Egg Curry		Chicken masala	Egg Masala	Sausage	Fish Fry	
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (10) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Fish Curry	Egg curry	Chicken Fry		Fish Fry		Chicken & Veg .biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Sausage Masala	Chicken Curry		Chicken Sukka		Egg Masala	Keema Mutter
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

ASIAN SENIOR MENU (10) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Alu Bhaji	Mixed Dall	Black Chana	Chana Dall	Sambar
	Chapathi	Parotha	Poori	Upmma w/Chutney	Chapathi	Parotha	Methi Odah
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	White Oats	Plain Youghurt	Egg Burji	Plain Youghurt	White Oats	Boilled Eggs	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Fry	Beef Sukka	Sausage		Mutton Masala		Chicken & Veg .biryani
	Aloo Chana	Soyabean Muttter	Chana Masala	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Jeera Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Egg Curry	Fish Curry		Egg Fry		Sausage	Fish Fry
	Cabbage Thoran	Veg Korma Masala	Bhindi Masala	Karela Bhaji	Rajma Alu	Black Chana	Palak Paneer
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Fresh Fruit	Rassam	Custard Sweet	Fresh Fruit	Rassam

ASIAN SENIOR MENU (12) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Masala	Fish Fry	Chicken Fry	Chicken urry	Fish Curry		Chicken Biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Salad	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Egg Curry		Chicken masala	Egg Masala	Sausage	Fish Fry	Fish fry
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (12) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Egg Masala	Chicken Curry	Fish Fry		Egg Curry	Fish Curry	Chicken Biryani/Veg Biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Salad	Papadam & Pickle
							Fresh Fruit
							Assorted Flavor Juice
DINNER	Chicken Fry	Sausage	Chicken Sukka	Mutton Curry	Chicken Sausage	Chicken Fry	
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

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ASIAN SENIOR MENU (14) PROTIEN - WEEK 1

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Chana Dall	Aloo mutter	Chana masala	Moong whole	Sambar	Mixed veg.	Aloo bhaji
	Parotha	Parotha	Dosa with chutney	Parotha	Methi Odah	Parotha	poori
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	Boilled EGG	Plain Youghurt	Omlet	Plain Youghurt	Egg Burji	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Chicken Tandoori	Chicken fry	Fish fry	Egg Fry Masala	Mutton Kadai	Chicken fry	Chicken & Veg .biryani
	Alu Gobi fry	Veg korma	Sambar	Soyabean mutter	Alu Baigan fry	Sambar	Dall Fry
	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Papadam & Pickle
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Fresh Fruit
	Assorted Flavor Juice	Assorted Flavor Juice	Assorted Flavor Juice	Assorted Flavor Juice	Assorted Flavor Juice	Assorted Flavor Juice	Assorted Flavor Juice
DINNER	Mutton curry	Chicken curry	Sausage Kadai	Chicken fry	Chicken Tikka	Egg curry	Fish fry
	Paneer Mutter	Karela Bhaji	Bhindi Masala	Cut Beans With Potato	Veg Kadai	Palak Paneer	Veg Korma
	Dall fry	Mixed dall	Dall fry	Toor dal	Dall fry	Mixed dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Salad	Salad	Salad	Salad	Salad	Salad	Salad
	Semollina Sweet	Rassam	Rice Pudding	Rassam	Custard Sweet	Sagoo Seed	Rassam

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ASIAN SENIOR MENU (14) PROTIEN - WEEK 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Dall Fry	Green Moong whole	Chana Masala	Dall Fry	Mix. Veg.	Mixed Dall	Black Chana
	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha	Parotha
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	Plain Youghurt	White Oats	Plain Youghurt	Boilled Eggs	Plain Youghurt	White Oats	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Egg Masala	Spicey Fish Fried	Chicken ٦٥	Mutton Biryani	Chicken curry	Fish curry	Chicken & Veg .biryani
	Karela Bhaji	Sambar	Aloo gobi	Mixed veg.Kadai	Palak Paneer	Sambar	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Tadka Dall	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Fresh Fruit
	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Assorted Flavor Juice
DINNER	Chicken Palak	Mutton Dopiaza	Sausage Masala	Egg Curry	Chicken Tikka	Chicken Fry	Chicken Masala
	Fry Aloo Baigan	Bhindi Masala	Aloo Mutter	White Kidney Beans	Gobi Fry	White Chickpeas	Rajma Masala
	Dall	Dall	Dall	Dall	Dall	Dall	Dall
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Sago Sweet	Rassam	Pudding Sweet	Semollina Sweet	Rassam

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ASIAN SENIOR MENU (14) PROTIEN - WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Moong dall	Dall Fry	Alu Bhaji	Mixed Dall	Black Chana	Chana Dall	Sambar
	Chapathi	Parotha	Poori	Upmma w/Chutney	Chapathi	Parotha	Methi Odah
	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam	Sliced Bread & Jam
	White Oats	Plain Youghurt	Egg Burji	Plain Youghurt	White Oats	Boilled Eggs	Plain Youghurt
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
LUNCH	Fish Fry	Mutton Curry	Chicken Fry	Paper Chicken	Egg Masala	Chicken Fry	Chicken & Veg .biryani
	Aloo Chana	Soyabean Muttter	Chana Masala	Greenpeas Masala	Sambar	Aloo gobi	Dall Fry
	Dall Fry	Dall	Mixed Dall	Dall	Jeera Dall Fry	Dall Fry	White Rice
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	Salad
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Raitha
	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Green Salad	Fresh Fruit	Papadam & Pickle
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Fresh Fruit
	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Asst.Flavor Juice	Assorted Flavor Juice
DINNER	Chicken Tandoori	Egg Curry	Fish Curry	Beef Curry	Mutton Masala	Butter Chicken	Sausage Curry
	Cabbage Thoran	Veg Korma Masala	Bhindi Masala	Karela Bhaji	Rajma Alu	Black Chana	Palak Paneer
	Dall Fry	Mixed dall	Sambar	Dall	Dall Fry	Mixed Dall	Dall Fry
	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice	White Rice
	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice	Boilled Rice
	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi	Chapathi
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Sweet	Rassam	Fresh Fruit	Rassam	Custard Sweet	Fresh Fruit	Rassam

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