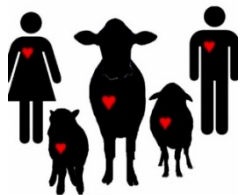


BREAK FAST MENU

NOVEMBER 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01.11.2019					Chocolate Pancake
04.11 - 08.11	Mix Fruit Waffles	Toast Bread with Onion Tomato Salsa	Green Dhal idly Coconut chutney	Double layered Pancake	White Pongal with Sambar
11.11 - 15.11	Chickpeas Onion Omelette	Potato Masala Dosa with Peanut chutney	Mango Ginger Muffins	Vegetable Uppuma	Strawberry Waffles
18.11-22.11	Oats Idly Coriander chutney	Vanilla Cinnamon pancake	Wheat Kernel Uppuma	Tofu Tomato Sandwich	Banana Muffins
25.11-29.11	Chickpeas Omelette	Poori Potato masala	Waffles	Onion Podi Dosa With Sambar	Toast Bread with Carrot Chickpeas Hummus

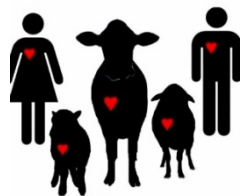


“One to change a few. A few to change many.
Many to change the world. Starts with one.”



LUNCH MENU

NOVEMBER 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01.11.2019					Chappathi with Peas Potato curry Diced Guava
04.11 - 08.11	Steamed Rice with Spinach Dal Diced Banana	Mushroom and Tofu fried rice Cauliflower Manchurian Diced pappaya	Maccaroni in Lentil Spaghetti sauce Diced Apple	Thai Noodles with Stir fry Vegetable Diced pineapple	Vegetable Corn grilled Sandwich roasted Pumpkin soup Diced watermelon
11.11 - 15.11	Tamarind Rice with roasted potatoes Diced Guava	Bbq pasta with grilled Courgettes Diced Orange	Indian flat Bread with mix Vegetables stew Diced muskmelon	Carrot Celery soup Corn Tofu nuggets Beans Sprout salad Diced Pears	White rice with Brinjal sambar Fried pappads Diced Papaya
18.11 - 22.11	Spicy Peanut Noodles with Chilly Seitan Diced Banana	Vegetable Rice with Peanut Brinjal curry Diced watermelon	Barley Minestrone soup Vegetable Bean wrap Cucumber salad Diced apple	Pasta in Basil Pesto sauce Diced Guava	Tomato Rice with panfry Soya chunks Diced Pineapple
25.11-29.11	Vegetable fried Rice with Tofu Manchurian Diced Sapotta	Falafel with Mexican Corn Salad Tomato soup Diced Muskmelon	Chappathi with Channa masala Fresh Grapes	Spaghetti with Lentil Bolognaise Diced pears	Coconut Rice with Spinach Chickpeas curry Diced orange

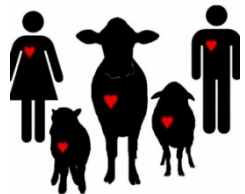


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SNACKS MENU

NOVEMBER 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01.11.2019					Double fudge chocolate muffins
04.11 - 08.11	Potato Bajji	Vegan Sweet puff	Chocolate Donuts	Peri Peri popcorn	Fresh cut Fruits
11.11 - 15.11	Pumpkin Carrot cake	Apple Cinnamon Swirl	Oatmeal Peanut butter cookies	Fresh cut Fruits	Vegetable Cutlet
18.11 - 22.11	Asian fried Cauliflower	Paappdi chaat	Vegan fruit cake	French fries	Tempered Masala Channa
25.11-29.11	Popcorn	Onion Pakoda	Ragi cookies	Banana Muffins	Birthday cake



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