

Column1	Column2	Column3	Column4
Days	Breakfast	Lunch	Snacks
Monday	Poha/Upma	Roti with Sabji/ Rice Sambar	Tea With cookies
Tuesday	Idli and Chutney	Kichdi	Bhel/ Murmura/tea
Wednesday	Bread toast / oats	Vegetable rice	Dry fruits/ fruits/tea
Thursday	Dosa and Chutney	roti/ sprouts/ pulses	pasta
Friday	Parata	rice and rasam	tea With cookies
Saturday	poha/Upma	Multi Grain Roti	Bread toast
Sunday	Pav bhaji/ Puri chole	salads/ soups	

Column5

Dinner

Roti and dal

Roti and sabji (vegetable saute)

Veg rolls.

Curd Rice

roti and dal

Roti and Sabji (vegetable saute)

family outing