<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Tomato onion Utappam</td>
<td>Gobi Paratha</td>
<td>Iddi and Meduwada</td>
<td>Poha (small pieces of</td>
<td>Mix veg pratha</td>
<td>Green peas Upma and</td>
<td>Puri</td>
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<tr>
<td></td>
<td>Sambar Chutni</td>
<td>Curd, Sauce</td>
<td>Sambar Chutni</td>
<td>Matki Usal, Ratlamis sev</td>
<td>Matki gravy, Ratlamis sev</td>
<td>Matki Usal, Ratlamis sev</td>
<td>Chakeswari Bhaji</td>
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<tr>
<td></td>
<td>Egg Omelet</td>
<td>Egg Bhurji</td>
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<td>Matki</td>
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<td>Masoori</td>
<td>Boiled Corn</td>
<td>Boiled Peanut</td>
<td>Chana boiled</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>palak dry</td>
<td>amritsari bhandi</td>
<td>Karela fry</td>
<td>Gobi mutter dry</td>
<td>Allo jeera lasooni</td>
<td>veg keema</td>
<td>Veg Tawa Chole</td>
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<td></td>
<td>Paneer Tikka Masala</td>
<td>Veg Kofta Curry</td>
<td>Chole Bhature</td>
<td>Kadi Pakoda</td>
<td>Methi Mutter Masala</td>
<td>Raja Masala</td>
<td>moong dal chikla</td>
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<tr>
<td></td>
<td>Dal Masala (Red)</td>
<td>Dal Makhani</td>
<td>Dal fry (Moong)</td>
<td>Amti Dal (dry fruits)</td>
<td>Daal kolhapuri (Red)</td>
<td>dal fry (Tua)</td>
<td>chappati / roti</td>
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<td>Tadka Rice</td>
<td>Peanut Rice</td>
<td>Onion Rice</td>
<td>Vangi Bhatt</td>
<td>Ajwain Rice</td>
<td>curd rice</td>
<td>paneer belle-pepper</td>
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<td><strong>Extras</strong></td>
<td>Chicken Sukha</td>
<td>Paneer Belle-Pepper</td>
<td>Chicken Kolhapuri</td>
<td>Chiken Xakoti</td>
<td>Chiken Handi</td>
<td>Paneer Tika</td>
<td>Kadhai Paneer</td>
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<tr>
<td><strong>Snacks / Tiffin</strong></td>
<td>Vermicelli Upma</td>
<td>Wada pav</td>
<td>Dahi wada</td>
<td>Dal wada + pudina</td>
<td>cheese-Sandwich</td>
<td>Chole + Aloo Tikki</td>
<td>bread pakoda</td>
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<td>Bread-Butter-Jam</td>
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<td><strong>Dinner</strong></td>
<td>Aloo gobhi masal</td>
<td>Lal matt chana dry</td>
<td>Aloo Jeera lehsuni</td>
<td>Lauki Dahiwala</td>
<td>Soya chilli</td>
<td>Gobhi Achari</td>
<td>Cabbage Mutter</td>
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<td>Tomato=Mutter gravy+</td>
<td>Dum Aloo</td>
<td>Babycorn Mushroom</td>
<td>Panner butter masala</td>
<td>corn palak</td>
<td>Ragadha masala</td>
<td>Manchari Gravy</td>
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<td>Mint Rice</td>
<td>Onion Jeera Rice</td>
<td>Coriander Rice</td>
<td>Palak Dal (Red moosor)</td>
<td>Dal Tadka (Moong)</td>
<td>Veg pulav</td>
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<td>Chana Dal</td>
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<td>Dal Kolhapuri (Tuar)</td>
<td>Palak Dal (Red moosor)</td>
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<td>Dal Tadka (Moong)</td>
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<td></td>
<td>Kulli candy</td>
<td>Rasmalai - 2 pieces</td>
<td>Matchu laddu - 2 pcs</td>
<td>Madumilan</td>
<td>Rava laddu with dry</td>
<td>Kaliyamun-2 pieces</td>
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<td><strong>Extras</strong></td>
<td>Veg 65</td>
<td>chicken Koliwada</td>
<td>Fish fry + Currey</td>
<td>Egg Masala</td>
<td>Chichen Chilley Gravey</td>
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