

# Jhunjhunu Academy

## Student Houses (Hostels)

8094015542,8094015543

### Weekly Meal Plan

Day	Breakfast	Lunch	Evening Snack	Dinner
Monday	Puri with pickle ketch-up/ Dahi-Poha	Chapati, Aloo Dum Matar Paneer, Cold Lassi	Maggie Noodles/ Dahi-Bhalla	Chapati, Rice, Dal-Makhani, Seasonal Vegetable
Tuesday	Aloo Tikki/Aloo-Parantha, Pickle	Chapati, Aloo Rajma Veg Raita, Cold Lassi	Fruit/Bhelpuri/ American Sweet/ Sprouted Grains	Chapati, Mangori-Papad, Besan Gatta Dal Palak
Wednesday	Chhola Bhatura/ Haluwa	Chapati, Aloo Palak Veg Raita, Cold Lassi	Veg Kofta-Ketchup/ Mix Namkeen/ Veg Pakoda	Chapati, Seasonal Veg, Veg Pulav, Kadhi Pakoda
Thursday	Sambhar Vada/ Dahi-Parantha/ Bread Pakoda	Chapati, Matar Masala/ Kair-Sangari, Onion Raita Cold Lassi	Pastry/Gulab Jamun/ Moong Moth Namkeen/ Paneer Pakoda	Chapati, Rice, Dal Fry, Mix Veg.
Friday	Sweet Rice/ Poha Namkeen/ Noodles/Chowmein	Chapati, Aloo Matar/ Palak Chhola, Sangari-Raita, Cold Lassi	Dal Kachori/Onion Kachori/ Jalebi	Chapati, Seasonal Veg., Methi Kadhi, Mutter Pulav
Saturday	Patties/Pav-Bhaji/ Bundi-Namkeen	Chapati, Seasonal Veg, Ghiya Kofta, Curd, Cold Lassi	Fruit/Waffers/Mix Namkeen/Idli Sambhar	Chapati, Rice,Dal, Green Veg.,
Sunday	Milk-Bread/ Mathri	Chapati, Aloo Chhola, Dahi Raita, Cold Lassi	Ice Cream/ Nimboo Pani/ Cream Biscuits/Burgar	Chapati, Rice, Green Veg., Dal Tadka

#### Note :

1. Special Diets are served twice in a month.
  2. Chapatis are served with Butter.
  3. Salad is complementary in every meal.
  4. Changes may possible in the meal plan depending upon the weather/season or availability of ingredients.
  5. For extra tea or milk Rs. 400\ per month will be charged extra.
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