


















MRG JANUARY MEAL PLAN

				
			Thursday, 9 January, 2025	Friday, 10 January, 2025
			White Channa + Rice + Salad	Dal Tadka + Chapati + Soup
				
Monday, 13 January, 2025	Tuesday, 14 January, 2025	Wednesday, 15 January, 2025	Thursday, 16 January, 2025	Friday, 17 January, 2025
Sarso ka Saag + Chapati + Rewadi + Popcorn	Pao Bhaji + Onion rings + Green Chutney + Veg Soup	Soya Chap + Chapati + Frymes	Vegetable Idli + Sambhar + Lemon Rice	Kadai Paneer + Chapati + Gulab Jamun
				
Monday, 20 January, 2025	Tuesday, 21 January, 2025	Wednesday, 22 January, 2025	Thursday, 23 January, 2025	Friday, 24 January, 2025
Rajma + Rice + Mix Salad	Red Veg Pasta + Brown Bread Sandwich + Tomato Soup	Gajar Mutter Allu + Chapati + Corn Salad	Palak Pakora Karhi + Rice + Frymes	Tri Colour Puri + Aloo Sabji + Gajar Ka Halwa
				
Monday, 27 January, 2025	Tuesday, 28 January, 2025	Wednesday, 29 January, 2025	Thursday, 30 January, 2025	Friday, 31 January, 2025
Dal Makhni + Chapati + Sprout Salad	Masala Gobhi + Chapati + Boondi raita	Bread Pakora + Veg Vermicelli + Corn Soup	Fried Rice Manchurian + Pastry	Paneer Bhurji + chapati + Tomato Soup