



## SAINIK SCHOOL PUNGLWA DIET CHART

Summer	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B/Fast</b> (0715hr to 0735hr)	<ul style="list-style-type: none"> <li>Egg Chow</li> <li>Veg Chow</li> <li>Tomato Sauce</li> <li>Tea</li> </ul> 	<ul style="list-style-type: none"> <li>Bread</li> <li>Butter</li> <li>Jam</li> <li>Boiled Egg</li> <li>Tea</li> </ul> 	<ul style="list-style-type: none"> <li>Fried Rice</li> <li>Aloo Chutney</li> <li>Boiled Egg</li> <li>Tea</li> </ul> 	<ul style="list-style-type: none"> <li>Paratha</li> <li>Aloo Matar Sabji</li> <li>Boiled Egg</li> <li>Tea</li> </ul> 	<ul style="list-style-type: none"> <li>Egg Chow</li> <li>Veg Chow</li> <li>Tomato Sauce</li> <li>Tea</li> </ul>	<ul style="list-style-type: none"> <li>Fried Rice</li> <li>Aloo chutney</li> <li>Boiled Egg</li> <li>Tea</li> </ul> 	<ul style="list-style-type: none"> <li>Paratha</li> <li>Aloo Matar Sabji</li> <li>Boiled Egg</li> <li>Tea</li> </ul> 
<b>Milk Break</b> (1045hr to 1100hr)	<ul style="list-style-type: none"> <li>Samosa</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Goodday Biscuits</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Veg Pakora</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Top Biscuits</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Samosa</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Goodday Biscuit</li> <li>Hot Milk</li> </ul>	<ul style="list-style-type: none"> <li>Top Biscuits</li> <li>Hot Milk</li> </ul>
<b>Lunch</b> (1315hr to 1345hr)	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Mix Veg</li> <li>Masoor Dal</li> <li>Papad</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Aloo Beans Curry</li> <li>Masoor Dal</li> <li>Papad</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Nutrella Aloo</li> <li>Rajma Dal</li> <li>Fruit/Papad</li> </ul>	<ul style="list-style-type: none"> <li>Poori</li> <li>Chana Masala-</li> <li>Fried Rice-</li> <li>Papad</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Mix Veg</li> <li>Chana Dal</li> <li>Papad/Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Mix Veg</li> <li>Masoor Dal</li> <li>Tomato Chutney</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chicken Curry/ Mix Veg With Mushroom</li> <li>Moong Dal</li> </ul> 
<b>Juice Break</b> (1645hr to 1700hr)	<ul style="list-style-type: none"> <li>Juice</li> <li>Raw Kala channa</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Boiled Ground nut</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Boiled Kala Chana</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Raw Kala Chana</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Boiled Ground Nut</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Boiled Kala Chana</li> </ul>	<ul style="list-style-type: none"> <li>Juice</li> <li>Boiled Ground nut</li> </ul>
<b>Dinner</b> (2000hr to 2030hr)	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Urad Dal</li> <li>Fish Chilli/Aloo Matar Paneer</li> </ul> 	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Masoor Dal-</li> <li>Aloo Matar Paneer</li> <li>Tomato Chutney</li> <li>Moong dal Payasam</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Chana Dal</li> <li>Chicken Chilli/Aloo Matar Paneer</li> <li>Shahi Toast</li> </ul> 	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Matar Dal</li> <li>Black Chana With Potato</li> <li>Tomato Chutney</li> </ul>	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Masoor Dal</li> <li>Chicken Chilli /Mix Veg With Mushroom</li> <li>Jalebi</li> </ul> 	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Urad Dal</li> <li>Pork Curry/Aloo Matar Paneer</li> <li>Suji Halwa</li> </ul> 	<ul style="list-style-type: none"> <li>Plain Rice</li> <li>Chapati</li> <li>Matar Dal</li> <li>Finger Chips</li> <li>Sewai Kheer</li> </ul>