

# Happy Hearts, Healthy Meals

## Week 1



### Snack

### Lunch

**Monday**

Makhana & Fruit

Chapati Dal & stir  
fried Veggies

**Tuesday**

Idli Chutney &  
Fruit

Quesdilla & Carrot  
Soup

**Wednesday**

Ragi Pancake &  
Fruit

Dal, Rice & Boiled  
Veggies

**Thursday**

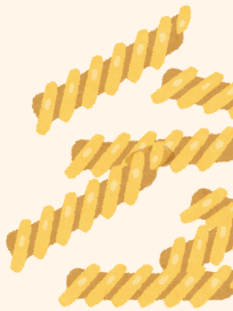
Energy Ball &  
Fruit

Peas Parata with Dal

**Friday**

Oats Uthapam with  
Chutney & Fruit

Multigrain Noodles



# Happy Hearts, Healthy Meals

## Week 2



	Snack	Lunch
Monday	Carrot Upma & Fruit	Chapati, Dal with Stir Fried Veggies
Tuesday	Idli Chutney & Fruit	Millet Noodles with Carrot Soup
Wednesday	Poha Tikki & Fruit	Fried Rice with baked paneer pops
Thursday	Gud Papadi & fruit	Quesadilla and soup
Friday	Semolina Pancake chutney & Fruit	Parata Dal & boiled Veggies



# Happy Hearts, Healthy Meals

## Week 3



	Snack	Lunch
Monday	Idli Chutney & Fruit	Rice Dal & Stir fried Veggies
Tuesday	Ragi Cookies & Fruit	Iron Rich Pasta
Wednesday	Paneer Apple Cutlet & Fruit	Peas Parata with Dal
Thursday	Carrot Uttapam, tomato chutney & Fruit	Semolina Pizza
Friday	Makana & Fruit	Paratha Dal & Paneer Pops



# Happy Hearts, Healthy Meals

## Week 4



**Monday**

### Snack

Eggless French  
Toast & Fruit

### Lunch

Ghee Rice with  
Boiled Veggies

**Tuesday**

Beetroot  
Pancake with  
Fruit

Ragi Noodles

**Wednesday**

Holiday

Holiday

**Thursday**

Banana Bread  
with Fruit

Ragi Noodles

**Friday**

Idli with Coconut  
Chutney & Fruit

Rice, Dal & Stir Fried  
Veggies

