

## MENU OF CHANDIGARH FOOTBALL & HOCKEY ACADEMY MESS : W.E.F. Apr, 2007

Day	05:30 A.M.	7.30 A.M.	BREAKFAST	TIFFIN	LUNCH	AFTER GAME	DINNER	NIGHT
MONDAY	Milk Plain (skimmed) 250 ml sugar 7gms <b>verka</b>	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Two Boiled Eggs.</li> <li>2. 1 Katori (50gm raw) Soaked and sprouted black channa (50-70 gms) with and without lemon.</li> <li>3. 6 Slices of toasted brown bread with butter and jam (25 gms).</li> <li>1. Milk with Bournvita (250 ml) and sugar.</li> </ol>	Banana-2	<ol style="list-style-type: none"> <li>1. Mutter Paner Katori (60 gms).</li> <li>2. Any seasonal vegetable (Beans, capsicum, cauliflower, carrots) 60 mgs.</li> <li>3. Rice (permal brown brand) with nuttrinuggets chunks.</li> <li>4. Chapatti.</li> <li>5. Plain Salad.</li> <li>6. Curd (plain)</li> <li>7. Fruit (Naspathi or any other)</li> <li>8. 25 Gms butter</li> </ol>	Milk (250 ml) with 4 biscuits.	<ol style="list-style-type: none"> <li>1. Chicken (with leg pieces/chest)+ gravy chicken soup (N. Veg).</li> <li>2. Corn Soup (Veg)</li> <li>3. Paneer Koftas (2).</li> <li>4. Any dal.</li> <li>5. Rice (brown brand)</li> <li>6. Chapati.</li> <li>7. Sweet Dish (Sewai with milk).</li> </ol>	
TUESDAY	Milk (skimmed)	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Milk (skimmed) with Bournvita 250 MI.</li> <li>2. Channa chapatti with Butter</li> <li>3. Sprouted and soaked Moong sabot dal, 01 Katori (60 gms).</li> <li>4. 1 Banana.</li> <li>5. 25 Gms butter</li> </ol>	Macroni with vegetable	<ol style="list-style-type: none"> <li>1. Rajmah with gravy (Eastern) (01 Katori).</li> <li>2. Tinda/Ghia/Bhindi (Dry).</li> <li>3. Rice (permal brown).</li> <li>4. Chapati.</li> <li>5. Mixed fruit salad (banana+apple+Naspati +Pappaya).</li> <li>6. Pudina raita.</li> <li>7. 25 gms butter</li> </ol>	Milk (250 ml) with 4 biscuits	<ol style="list-style-type: none"> <li>1. Palak Comnuttrinuggets (gravy)</li> <li>2. Any Dal.</li> <li>3. rice (brown brand).</li> <li>4. Chapati.</li> <li>5. Plain Salad.</li> <li>2 scoop strawberry or vanilla ice cream (Kwality or Wall's/Verka/Baba Dairy). 02 Scoop each.</li> </ol>	

WEDNESDAY	Milk (skimmed)	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Milk 250 ml with bournvita &amp; boiled egg (1) (N. Veg).</li> <li>2. Milk 250 ml with Bournvita+Sugar (Veg).</li> <li>3. Stuffed Parantha.</li> <li>4. Curd.</li> </ol>	<ol style="list-style-type: none"> <li>1 Egg toasted 2 slices.</li> <li>1.Butter toasted (veg) 2 slices.</li> </ol>	<ol style="list-style-type: none"> <li>1. Kabuli Channa.</li> <li>2. Mixed Veg.</li> <li>3. Rice (L brown Brand ) with peas.</li> <li>4. Chapati.</li> <li>5. Plain Curd.</li> <li>6. 1 Mango (Fruit) can be changed with season.</li> </ol>	<ol style="list-style-type: none"> <li>1.02 Banana (Veg).</li> <li>2.01 glass plain 250 ml Milk.</li> </ol>	<ol style="list-style-type: none"> <li>1. Butter chicken + chicken soup (N.Veg).</li> <li>2. Beans aloo corn(creamy) (Veg).</li> <li>3. Paneer capsicum veg.</li> <li>4. Creamy corn veg.</li> <li>5. Rice (Brown Brand).</li> <li>6. chapatti Tandori.</li> <li>7. Plain salad or lemon Onion.</li> </ol>	
THURSDAY	Milk (skimmed) with 06 pieces of Badam	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Milk with protein 250 ml.</li> <li>2. Chana Chapati with white butter (50 gms)</li> <li>3. 1 Banana.</li> <li>4. Dalia.</li> <li>5. 2 boiled eggs.</li> <li>6. 25 Gms butter</li> </ol>	<ol style="list-style-type: none"> <li>1.2 Bread slices.</li> <li>2.Butter toast with cheese 2 slices.</li> </ol>	<ol style="list-style-type: none"> <li>1. Aloo Mutter.</li> <li>2. Chilli Paneer</li> <li>3. Raita tomato onion.</li> <li>4. Chapati.</li> <li>5. Plain mixed salad.</li> <li>6. Custard with walnuts &amp; Apple.</li> <li>7. 25 Gms Butter.</li> </ol>	<ol style="list-style-type: none"> <li>1.Atta biscut 4-6 pcs of bakery of good quality.</li> <li>3.Milk 250 ml.</li> </ol>	<ol style="list-style-type: none"> <li>1. Baked veg with Pasta Pasta processed cheese, Carrots, Beans, Carrot, Capsicum corn (tin), Beans cooked in white sauces.</li> <li>2. Zeera Aloo.</li> <li>3. Black Dal.</li> <li>4. Rice.</li> <li>5. Chapati</li> <li>6. Plain Salad.</li> </ol>	
FRIDAY	Milk (skimmed)	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Skimmed Milk with protein 250 ml.</li> <li>2. Omlette (cheese) with 2 Eggs white.</li> <li>3. Pending .</li> <li>4. 1 Banana.</li> </ol>	Vegetable Sandwich 02 slices (petty type)	<ol style="list-style-type: none"> <li>1. Besan curry with Palak Onion Pakoras.</li> <li>2. Mixed Veg.</li> <li>3. Raita boondi.</li> <li>4. Rice with Zeera &amp; Onion.</li> <li>5. Plain Salad.</li> </ol> <p>Suji Halwa-01 Katori 50 gms with any Dry Fruit.</p>	Milk 250 ml with 4 Biscuits.	<ol style="list-style-type: none"> <li>1. Mutrton</li> <li>2. Mutter paneer (veg).</li> <li>3. Any Dal.</li> <li>4. Chapati.</li> <li>5. Salad.</li> </ol>	

SATURDAY	Milk (skimmed)	Nimbu Pani with salt	<ol style="list-style-type: none"> <li>1. Milk 250 ml with protein.</li> <li>2. Channa Dal roti</li> <li>3. Dalia.</li> <li>4. 25 Gms Butter</li> </ol>	Banana-02	<ol style="list-style-type: none"> <li>1. Leg/Chest chicken with gravy(N. Veg).</li> <li>2. Black Channa (Veg).</li> <li>3. Shahi Paneer 150 gms (Veg).</li> <li>4. Rice with Peas/Gobhi/Beans</li> <li>5. Chapati.</li> <li>6. Salad.</li> <li>7. Plain Curd.</li> <li>8. 01 Pear.</li> </ol>	milk –250 ml with 4 Biscuits.	<ol style="list-style-type: none"> <li>1. Egg curry (2).</li> <li>2. Paneer Mutter Burjee.</li> <li>3. Any Dal.</li> <li>4. Rice.</li> <li>5. Chapati.</li> <li>6. Salad.</li> <li>7. Sewian with milk with Badam-01 Katori.</li> </ol>	
SUNDAY IS TOTAL VARIATION			<p><u>1<sup>ST</sup> SUNDAY</u></p> <ol style="list-style-type: none"> <li>1. PURI (OF ATTA) WITH MOAN &amp; AJWAIN.</li> <li>2. ALOO PANEER</li> </ol> <p><u>2<sup>ND</sup> SUNDAY</u></p> <p>STUFFED PARANTHA-4 (AJWAIN) WITH BUTTER &amp; CURD BOWL</p> <p><u>3<sup>RD</sup> SUNDAY</u></p> <p>MISSI ROTI WITH 25 Gms BUTTER &amp; MILK 250 ML.</p> <p><u>4<sup>TH</sup> SUNDAY</u></p> <ol style="list-style-type: none"> <li>8. PURI (OF ATTA) WITH MOAN &amp; AJWAIN.</li> <li>2. White Chana</li> </ol>					