

OCTOBER

MEAL PLAN



CHUNKINGKIDZ



MON		9th Chapati with Ladyfinger	16th Chapati with Bottle Guard	23th Chole Puri	30th Seasonal Vegetable with Chapti
TUE	3th Poha	10th Bread Roll	17th Paneer Chilla	24th Veg Sandwich	31th Stuffed Roti with Curd
WED	4th Veg Khichadi with Salad	11th Stuffed Paratha with Curd	18th Veg Dalia with Salad	25th Aloo with Puri	
THU	5th Dal with Rice and Salad	12th Rajma With Rice and Salad	19th Chana with Rice & Salad	26th Chole with Rice & Salad	
FRI	6th upma with Salad	13th Veg Vermicelli	20th Veg Pulao	27th Veg Khichdi	