



# The Heartfulness Learning Centre

Affiliated to C.B.S.E, New Delhi. Affiliation No: 3630424

Kanha Shantivanam, R R District, Telangana, India. 509325.

www.hfnschools.org | hfnschools@heartfulness.org | +91 8688619653

Month: September-2022

## Weekly Menu

|        | Date & Days           | Breakfast<br>(7.30am-8.10am)  | Morning Snacks  | Lunch<br>(12.45pm-1.30pm)   | Evening Snacks                                     | Dinner<br>(7.30pm-9.00pm)   |
|--------|-----------------------|---|---|---|--|---|
|        |                       | Early Morning Milk With Bournvita /Horlick /Boost   |   |   |  | After Dinner: Night Time Milk                                     |
| Week-1 | 01/09/22<br>Thursday  | MASALA+ DOSA + PALLICHUTNEY + CARROTS BEANS SAMBAR  | CHOCOLATE MUFFIN  | PLAIN ROTI/RAJMA/IVY GOURD(Tindora) (DRY)/ SEMIYAN PYSAM            | MIXED FRUIT CHAAT+ LEMONADE                        | ROTI/RICE/PALAK DAL/VEGETABLE JALFEREZI /CURD                     |
|        | 02/09/22<br>Friday    | PANEER PARANTHA + CURD+ TOMATO CHUTNEY  | APPLE   | DAL TADKA/CABBAGE PEAS BEANS ALU(Upperi)                            | PANEER ROLL WITH VANILA MILK SHAKE                 | ROTI/CARROT CAULIFLOWER /PEAS/YELLOW MOONG DAL                    |
|        | 03/09/22<br>Saturday  | DALIA /RAVA UPMA WITH VEGETABLES + CHUTNEY + DHIOKLA                                      | PEANUT LADDOO + RICE MURUKKU                                  | RASAM/ AALU JEERA/PALAK ROTI  | CUSTARD FRUIT SALAD                                | WHEAT VEGETABLE PASTA + RICE + DAL + CURD                         |
|        | 04/09/22<br>Sunday    | PALAK PURI + BLACK CHANNA MASALA SABJI + SEASONAL FRUIT                                   | BANANA(BIG 1 OR 2 SMALL) /ORANGE/GUAVA                        | BISIBELLA BATH/RAITA/BHEENDI ALU (NO SAMBAR)/KAARA BOONDI           | PANI PURI/ BANANA BAJJI                            | MILLET DOSA/ VANKAAYA CHUTNEY/ ROTI/ALU PEAS/CURD                 |
|        | 05/09/22<br>Monday    | VEG RAVA IDLI + Veggie SAMBAR + COCONUT CHUTNEY   | CHEWDA (MURMURA, SEV, PEANUTS)                                | MIXED FRIED RICE/SHAHI PANEER/RAITA/ GAJJAR HALWA                   | CHEESE TOMATO SANDWICH + KOKUM JUICE               | PUNJABI PAKODI KADHI/ SPLIT MOONG KHICHADI /PAPAD/CURD            |
|        | 06/09/22<br>Tuesday   | CHOLE + BHATURA + ONION AND LEMON   | SAMOSA + LEMONADE   | JEERA RICE/ GARLIC MOONG DAL/CAULIFLOWER ALU PEAS                   | WHEAT BOBBATLU (PURAN POLI) + 1CUP MILK            | SHEZWAN FRIED RICE/VEGETABLE MANCHURIAN /DHALI TOVE /RICE/CURD    |
|        | 07/09/22<br>Wednesday | CEREAL + MILK+ BREAD TOAST + PEANUT BUTTER/HUMMUS/JAM + BUTTER                            | VEGETABLE BURGER  | TANDORI ROTI/ PANEER TIKKA/ GARLIC TADKA DAL/ GULAB JAMUN           | SESAME JAGGERY LADDOO + MURMURA + BANANA MILKSHAKE | PANEER VEGETABLE ROLL (WHEAT CHAPPATI)+ VEGETABLE PULAO + CURD    |
| Week-2 | 08/09/22<br>Thursday  | IDLI +VADA + CHUTNEY + VEGETABLE SAMBAR   | DHOKLA + MINT CORRIANDER CHUTNEY                              | DAL MAKNI/BHEENDI ALU (CRISP)/JALEBI                                | COOKIE + DHOKLA WITH CHUTNEY                       | RED SAUCE WHEAT VEGETABLE PASTA / CURD/RICE/SOYABEAN GRAVY SABJI  |
|        | 09/09/22<br>Friday    | POHA WITH SEV AND CURD +POMOGANATE/TOMATO   | MYSORE BONDA + CHUTNEY  | RIDGE GOURD WITH BLACK EYED PEAS / BRINJAL CURRY                    | DAL VADA + CHOCOLATE MILKSHAKE                     | PALAK ROTI/PANEER LABABDAR/RICE/CURD                              |
|        | 10/09/22<br>Saturday  | PALAK PARANTHA (PALAK PURI) WITH PITALA (BESAN SABJI WITH PEAS AND CARROT AND CORRIANDER) | APPLE/GRAPES  | MINT VEGETABLE PULAV/BOONDI RAITA/ PALAK ALLU                       | SABUDANA KHICHADI + LEMONADE                       | VEG TOFU SOUP + GARLIC BREAD + CURD + RICE + SABZI + ROTI         |
|        | 11/09/22<br>Sunday    | METHI PURI + POTATO,PEAS, CORIANDER AND ONION SABJI                                       | SESAME LADDOO + RIBBON PAKODA                                 | BEETROOT CARROT ALU POORIYAL (GRATE/CUBE)/ NAVRATTANA DAL           | MIXED FRUIT CHAAT + MOCKTAIL JUICE                 | PULIHORA/CURD RICE/ROTI/LAUKI WITH TOMATO                         |
|        | 12/09/22<br>Monday    | CORN FLAKES + MILK + BANANA + STEAMED SPROUTS WITH LEMON, SALT AND PEPPER                 | BANANA /ORANGE/GUAVA  | MIX VEGETABLE PANEER PARATHA/SAUCE/CURD/PICKLE (NO ROTI)/MYSORE PAK | PAV BHAJI + CHOPPED ONION AND LEMON+ LEMONADE      | MIX VEG PULAV/AALU KHURMA/RAITA/ROTI/CURD                         |
|        | 13/09/22<br>Tuesday   | VEGETABLE UTTAPAM +VADA + CHUTNEY + SAMBAR  | VEGETABLE PUFF  | TOMATO PALAK DAL/CARROT ALU GOBHI CURRY                             | MAGGI + TEA CAKE                                   | MEXICAN FRIED RICE/ MIXED CORN SOUP/ RIDGE GOURD SABJI/ROTI/ CURD |
|        | 14/09/22<br>Wednesday | OATS AND WHEAT PAN CAKES WITH ONE FRUIT SYRUP/ BREAD TOAST + PEANUT BUTTER/HUMMUS/ JAM    | PANI PURI (ALU AND BLACK CHANNA STUFFING) + MIXED FRUIT CHAAT | GARLIC BUTTER NAAN/PANEER BUTTER MASALA/ ICE CREAM                  | OATS COOKIES + COLD COFFEE                         | CHOWMEIN NOODLES / STIR FRY VEGETABLES/DAL/RICE/CURD              |

|                         |                        |   |   |  |   |   |
|-------------------------|------------------------|---|---|--|---|---|
| Week-3                  | 15/09/22<br>Thursday   | SORAKAAYA SESAME, GARLIC, GINGER, GREEN CHILLY, CORRIANDER PARANTHA + MINT CHUTNEY + CURD | ASSORTED COOKIES(OATMEAL, CHOCOLATE,ZEERA)            | TOMATO RICE/RAITA/VEGETABLE JALFEREZZI/MOONG DAL HALWA             | VEG ROLL WITH SAUCE   | WHEAT PASTA WITH WHITE SAUCE/ GARLIC BREAD/ LEMON RICE/CURD                 |
|                         | 16/09/22<br>Friday     | RAGI DOSA WITH ONION AND TOMATO + COCONUT CHUTNEY + SAMBAR                                | ORANGE/GUAVA/APPLE                                    | VANGIBHATH/ VEGETBALE KURMA  | FRUIT CUSTARD   | MINISTRONE SOUP AND MEXICAN FRIED RICE/ROTI/SABZI/CURD RICE                 |
|                         | 17/09/22<br>Saturday   | APPAM + VEGETABLE STEW + CHUTNEY + SEASONAL FRUIT   | OATMEAL, CHOCOLATE,ZEERA COOKIES                      | MIXED VEG PARATHA/SAUCE/CURD/PICKLE/CURD RICE                      | PANEER ROLL WITH SAUCE                                      | PUDINA RICE/SPINACH RAITA/ALU BHINDI/ROTI/CURD                              |
|                         | 18/09/22<br>Sunday     | ALU PARANTHA + CURD+ TOMATO CHUTNEY   | BANANA /ORANGE/GUAVA                                  | PULIHORA / COCONUT RIC/SORRAKAYYA SHORBA                           | BHEL WITH MILK SHAKE  | ROTI/RICE/MATAR PANEER/TOMATO DAL RASAM/BUTTER MILK                         |
|                         | 19/09/22<br>Monday     | IDLI + VADA + MINT GINGER CHUTNEY+ COCONUT CHUTNEY + SAMBAR                               | WHEAT AND JAGGERY SAKARPARA AND AJWAIN SALT NAMAKPARA | VEG BIRYANI + BOONDI OR CUCUMBER RAITA + ALU PEAS SABJI + KALAKAND | VADA PAV WITH GREEN CHUTNEY                                 | MASALA VEGETABLE KHICHADI/SINDHI KADHI/BRINJAL PEAS SABJI/PAPAD/BUTTER MILK |
|                         | 20/09/22<br>Tuesday    | CEREAL+ MILK+ BREAD TOAST + PEANUT BUTTER/HUMMUS/ JAM                                     | PEANUT LADDOO+ RIBBON SNACK                           | CHOLE /PARWAL/ KADHAI PANEER                                       | BOMBAY CLUB VEGETABLE SANDWICH WITH CHEESE + SEASONAL FRUIT | ENCHILLADAS/HUNG CURD/TOMATO SALSA/ RICE/MIXED DAL/CURD                     |
|                         | 21/09/22<br>Wednesday  | DAL PURI/MASALA PURI + ALU BHAJI/RASEEDAR ALU + JALEBI/HALWA                              | SAMOSAS + LEMONADE                                    | TANDOORI ROTI/AALU DUM/RASGULLA                                    | MYSORE BONDA + SAUCE  | CHILLI PANEER WITH VEGETABLE / ROTI/ YELLOW MOONG DAL /RICE/CURD            |
| Week-4                  | 22/09/22<br>Thursday   | Kanchipuram Idli+ Ginger Tomato/Coconut Chutney + Vegetable Sambar +Seasonal Fruits       | Tea Cake + Murmura Peanuts                            | Jeera Rice/Tomato Dal/Raw Banana Fry                               | Paneer Tikka With Onion Tomato And Capsicum                 | Falafal Roll/Hummus/Rice/Curd/Mix Vegetable Gravy Sabzi                     |
|                         | 23/09/22<br>Friday     | Paneer Parantha + Curd+ Tomato Chutney  | Apple /Orange/Guava                                   | Soya Bean Vegetable Sabji + Tadka Dal                              | Oats Cookies + Chocolate Milkshake                          | Methi Phulka/Sprout Chaat Salad/Rice/Dal/Curd                               |
|                         | 24/09/22<br>Saturday   | Pessarattu/ Adai + Palli Mint Chutney /Tomato Chutney + Toast And Peanut Butter           | Besan Laddoo + Murruku                                | Amaranthus Dal/Beans Poriyal/Tomato Or Lemon Rasam                 | Cup Cake With Vanila Milk Shake                             | Onion Upttapam/Coconut Chutney/Vegetable Sambar/Rice/ Curd                  |
|                         | 25/09/2022<br>Sunday   |   |   |  |   |   |
|                         | 26/08/2022<br>Friday   |   |   |  |   |   |
|                         | 27/08/2022<br>Saturday |   |   |  |   |   |
|                         | 28/08/2022<br>Sunday   |   |   |  |   |   |
| 29/08/2022<br>Monday    |                        |   |   |  |   |   |
| 30/08/2022<br>Tuesday   |                        |   |   |  |   |   |
| 31/08/2022<br>Wednesday |                        |   |   |  |   |   |

**Daily Lunch Items:** Salad + Curd Rice/Buttermilk + Sambar + Roti (Not Served On The Day When There Is Parantha Or Puri) + Plain Rice (Not Served On The Day When There Is Flavored Rice)

**For Younger kids (Pre KG-Grade 3):** Same Dal And Curry As Older Kids With No Spice, Grated Salad, Less To No Spice, Millet Curd Rice, Occassionally Colourful Roti/Puri (Palak,Beetroot Puree Etc.)  
Softer Rice, Small Size Idli/Uttapam/Vada Once In Two Weeks With Sambar And Chutney.

**Note:** Subject To Change In Case Of Unavailability Of Items.