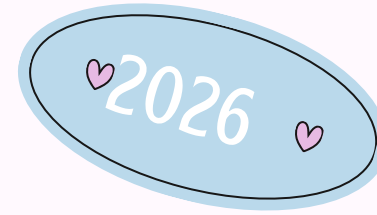


MAY

MEAL PLANNER



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Labour Day Buddha Purnima (Holiday)	2 Matar Paneer+Chapati+ Raita
3	4 Vegetable Poha	5 Rajma Rice	6 Vegetable Vermicelli	7 Curd Prantha	8 Party Food+Juice	9 Second Saturday (Holiday)
10	11 DalGhiya and Chapati	12 Daliya (Porrige)	13 Bhindi + Chapati + Curd	14 Pulav= Curd=Salad	15 Vegetable Sandwich	16 Baigan Bharta+Chapati
17	18 Aloo Puri	19 Paneer Bhurji+ Chapati	20 Fried Idli	21 Vegetable Khichdi	22 Besan Chilla	23 Aloo Beans+Chapati
24	25 Any Stuffed Paratha+ Curd	26 Ghiya Kofta +Chapati	27 Favourite Food	28 PTM	29	30
31						