



# Meal Planner

## Month: Sep'24



|        |           |   |
|--------|-----------|---|
| 02-Sep | Monday    | Idli + Sambhar                            |
| 03-Sep | Tuesday   | Veg Vermicilli + Custard                  |
| 04-Sep | Wednesday | Holiday (Guru Granth Saheb Prakash Purab) |
| 05-Sep | Thursday  | Bread Pakora                              |
| 06-Sep | Friday    | Aaloo Parantha + Boondi Curd              |
| 07-Sep | Saturday  | Holiday                                   |
| 08-Sep | Sunday    | Holiday                                   |
| 09-Sep | Monday    | Shahi Paneer + Chapati + Banana           |
| 10-Sep | Tuesday   | Dal Makhani + Rice                        |
| 11-Sep | Wednesday | Aaloo Puri                                |
| 12-Sep | Thursday  | Rajma Rice                                |
| 13-Sep | Friday    | Mix Veg. + Chapati                        |
| 14-Sep | Saturday  | Holiday                                   |
| 15-Sep | Sunday    | Holiday                                   |
| 16-Sep | Monday    | Black Chana + Rice                        |
| 17-Sep | Tuesday   | Palak Paneer + Chapati                    |
| 18-Sep | Wednesday | Dal Parantha + Curd                       |
| 19-Sep | Thursday  | Nutri Matar + Chapati + Apple             |
| 20-Sep | Friday    | Vegetable Biryani + Raita                 |
| 21-Sep | Saturday  | Holiday                                   |
| 22-Sep | Sunday    | Holiday                                   |
| 23-Sep | Monday    | Cucumber Tomato Sandwich + Sweet          |
| 24-Sep | Tuesday   | Ladyfinger + Chapati                      |
| 25-Sep | Wednesday | Kadi +Rice                                |
| 26-Sep | Thursday  | Mix Veg Daliya + Curd                     |
| 27-Sep | Friday    | Jeera aloo + Parantha                     |
| 28-Sep | Saturday  | Holiday                                   |
| 29-Sep | Sunday    | Holiday                                   |
| 30-Sep | Monday    | Vada Pao                                  |