MEAL PLANNER (October 2026)

DATE	DAY	BREAKFAST	LUNCH	SNACKS
1/10/2026	Thursday	Poori with Halwa	Khichadi With Curd	Besan chilla
2/10/2026	Friday	Holiday	Holiday	Holiday
3/10/2026	Saturday	Holiday	Holiday	Holiday
4/10/2026	Sunday	Holiday	Holiday	Holiday
5/10/2026	Monday	Vegetable (Beans, carrot and capsicum) Vermicelli	Mix dal + Jeera Rice and Papad	Chocos with Milk
6/10/2026	Tuesday	Bread pakoda	Jeera Aloo, Butter Roti, Salad	Chole Chaat
7/10/2026	Wednesday	Vegetable (capsicum chopped, grated carrot and tomato) Uttapam	Chole, Rice and Papad	French Fries
8/10/2026	Thursday	Vegetable (Beans, carrot and capsicum)Pasta	Mix Veg. with Roti and Raita	Uttapam
9/10/2026	Friday	Aloo-Paratha	Khichadi With Curd	Poha
10/10/2026	Saturday	Holiday	Holiday	Holiday

11/10/2026	Sunday	Holiday	Holiday	Holiday
12/10/2026	Monday	Wheat Pancake	Rajma Rice and Papad	Chocos with Milk
13/10/2026	Tuesday	Vegetable (Beans, carrot and capsicum) Fried Rice	Shahi Paneer + Butter Roti and Salad	Pasta
14/10/2026	Wednesday	Suji idli + Sambhar	Lauki Sabzi with Rice and Papad	French Fries
15/10/2026	Thursday	Vegetable (capsicum chopped and grated carrot) Besan cheela	Stir fry Bhindi, Butter Roti and Salad	Wheat Pancake
16/10/2026	Friday	Poori with Halwa	Khichadi With Curd	Fruit chaat
17/10/2026	Saturday	Holiday	Holiday	Holiday
18/8/2026	Sunday	Holiday	Holiday	Holiday
19/8/2026	Monday	Holiday	Holiday	Holiday
20/10/2026	Tuesday	Holiday	Holiday	Holiday
21/10/2026	Wednesday	Steamed Idli with Tomato chutney	Kadhi Pakoda, Rice and Salad	Chocos with Milk

22/10/2026	Thursday	Vegetable (Beans, carrot and capsicum) Fried Rice	Soya chuknks sabzi with Roti and Papad	Wheat Pancake
23/10/2026	Friday	Paneer Paratha	Khichadi With Curd	Fruit chaat
24/10/2026	Saturday	Holiday	Holiday	Holiday
25/10/2026	Sunday	Holiday	Holiday	Holiday
26/10/2026	Monday	Vegetable (Beans, carrot and capsicum) Vermicelli	Tadka Dal with Jeera Rice and Papad	Chocos with Milk
27/10/2026	Tuesday	Wheat Pancake	Petha Sabzi with Poori and Salad	Besan chilla
29/10/2026	Wednesday	Vegetable (capsicum chopped, grated carrot and tomato) Uttapam	Shahi Paneer + Butter Roti and Salad	French Fries
30/10/2026	Thursday	Vegetable (Beans, carrot and capsicum)Pasta	Mix Veg. with Roti and Raita	Wheat Pancake
31/10/2026	Friday	Paratha with Butter	Khichadi With Curd	Fruit chaat