

ABOVE 1 YEAR		6-12 MONTHS	
Monday			
Breakfast	Kanda poha	Breakfast	Poha kheer
Lunch	Bhindi Sabji, dal, rice, chappati	Lunch	Dal , rice with ghee
Fruit	Muskmelon	Fruit	Muskmelon
Evening snacks 1	Veg paratha	Evening snacks 1	Mashed Veg
Evening snacks 2	Oats dosa	Evening snacks 2	Oats with milk
Tuesday			
Breakfast	Sevai Upma	Breakfast	Sevai Upma
Lunch	French beans, dal, rice, chappati	Lunch	French beans, dal, rice, chappati
Fruit	Papaya	Fruit	Papaya
Evening snacks 1	Nachni kheer	Evening snacks 1	Nachni kheer
Evening snacks 2	Rawa upma	Evening snacks 2	Rawa upma
Wednesday			
Breakfast	Palak Paratha	Breakfast	Thick Palak Soup/Pureed palak paratha
Lunch	Aloo sabji, Dal , rice, phulka, rice	Lunch	Aloo sabji , phulka dal, rice with ghee
Fruit	Banana	Fruit	Banana
Evening snacks 1	Dholka	Evening snacks 1	Atta sheera
Evening snacks 2	Rice kheer	Evening snacks 2	Rice kheer
Thursday			
Breakfast	Tomato Omelette	Breakfast	Tomato soup
Lunch	Cauliflower sabji, dal, rice, chappati	Lunch	Cauliflower sabji, dal, rice, chappati
Fruit	Papaya	Fruit	Papaya
Evening snacks 1	Sabudana wada	Evening snacks 1	Sabudana tikki or kheer
Evening snacks 2	Dalia upma	Evening snacks 2	Dalia upma
Friday			
Breakfast	Idli chutney	Breakfast	Rawa kheer
Lunch	Brinjal sabji, dal, rice, phulka	Lunch	dal, rice, with ghee , phulka
Fruit	Apple	Fruit	Apple

Evening snacks 1	Veg upma	Evening snacks 1	Mashed veg
Evening snacks 2	Aloo tikki	Evening snacks 2	Mashed aloo
Saturday			
Breakfast	Carrot Paratha	Breakfast	Carrot soup
Lunch	Cluster beans sabji,dal,rice,phulka	Lunch	Cluster beans sabji,dal,rice,phulka
Fruit	Apple	Fruit	Apple
Evening snacks 1	Sevai Kheer	Evening snacks 1	Sevai Kheer