

9TH MONTH MEAL PLAN - WEEK 1

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MON	RAGI PORRIDGE	PUMPKIN SOUP	PONGAL WITH COCONUT CHUTNEY/ SAMBHAR	PANEER CUBES	GREEN MOONG DAL KHICHI & VEGETABLES
TUE	UPMA WITH VEGETABLES	STEWED APPLE	CURD RICE	KURMURA	ROTI MASHED IN VEGETABLE CURRY
WED	BANANA & OATS SMOOTHIE	SPINACH SOUP	RICE WITH DAL & VEGETABLES	CHEESE SLICE	CHEESE PARATHA WITH TOMATO SOUP
THU	BOILED EGG	PAPAYA MANGO PUREE	MASHED POTATOES WITH CHEESE	WHEAT CRACKERS	PALAK RICE
FRI	RICE IDLIS	BANANA PLUM PUREE	ROTI MASHED WITH GREEN MOONG DAL	STEAMED CARROT STICKS	RAAB - WHEAT PORRIDGE
SAT	OATS & DATES PORRIDGE	DICED SEASONAL FOOD	RICE WITH VEGETABLES CURRY	BROWN BREAD & BUTTER	MIXED VEGETABLE PULAO
SUN	SCRAMBLED EGG & TOAST	PEACH PINEAPPLE PUREE	DOSA & SAMBHAR	BREAD STICK	PANEER BHURJI & ROTI