



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Idli, lentil soup (Sambhar), rice, mixed veggies in sambhar	2 Makhana cucumber thepla (v nutritious flat bread)cumin, rice, yoghurt	3 Brown rice porridge with yoghurt and cucumber slices	4
5	6 Multigrain chapati rolls (lettuce, cheese, tomato) – lentil soup, rice, yoghurt	7 Masala dosa Rice, lentil soup – mixed veggies	8 Noodles with sliced tomatoes, milk	9 Malia paneer, naan, bell pepper sticks, rice Yogurt	10 Vermicelli with veggies, Yoghurt, snap peas	11
12	13 Lentils, rice, kale salad, Buttered toast, milk	14 Idli, rice, Sambhar (mix veg lentil soup) with yoghurt	15 Penne pesto pasta with cheese, steamed carrot/cucumber, milk	16 Koftas (cheese balls) in gravy with rice, steamed broccoli, chapati	17 DEEP CLEANING DAY In San Jose only SVL menu rice and lentils with yoghurt	18
19	20 Garbenzo curry with rice, yoghurt, mini muffins	21 Idli, lemon rice, Mix veggie soup, sambhar with yoghurt	22 Banana almond toast, rice, Porridge with carrots.	23 Potato fritters, lentils and rice, cucumber sticks Yoghurt	24 DEEP CLEANING IN SVL Only SJ menu- Mung bean and brown rice khichdi-porridge with buttermilk	25
26	27 Shahi Paneer with chapati, rice Yoghurt	28 Mung bean dosa, rice, veggie lentil soup Yoghurt	29 Fried rice, yoghurt, apples	30 Puri (fired Indian bread) with aloo matar(potato curry), rice, yoghurt		
	Menu is subject to change without notice	Fruits and vegetables are served for lunch	Dairy items like yoghurt or milk is provided after lunch			



Weekly Breakfast/Snack Menu – Sample
Time 8:45 am – 9:45 am

Monday	Low fat cream cheese toast (1/2 slice), apple (2 slices), milk (1/2 cup)
Tuesday	Cereal bar (1/2), orange(half) , milk (1/2 cup)
Wednesday	Low fat Cheese sticks(1), milk, Pear(2 slices)
Thursday	Cereal (1/2 cup), milk, seasonal fruit(1/2)
Friday	English muffin/toast (low fat butter- 1/2), banana(1/4) and milk(1 cup)



Portion Size Lunch and Breakfast

General :

Food		Portion Size		About the Size of..
Grains Group				
Bread		1 ounce or 1 regular slice		DVD cover
Dry cereal		1 ounce or 1 cup		Baseball
Cooked cereal, rice or pasta		1 ounce or ½ cup		½ baseball
Pancake or waffle		1 ounce or 1 small piece (6 inches)		DVD
Bagel, hamburger bun		1 ounce or ½ piece		Hockey puck
Cornbread		1 piece		Bar of soap

Fruits Group				
Orange, apple, pear		1 small fruit (2½ inches in diameter)		Tennis ball
Raisins		¼ cup		Golf ball

Vegetables Group				
Baked potato		1 medium		Computer mouse
Vegetables, chopped or salad		1 cup		Baseball

<i>Dairy Group</i>			
Fat-free or low-fat milk or yogurt		1 cup	Baseball
Cheese		1½ ounces natural cheese or 2 ounces processed cheese	9-volt battery
Ice cream		½ cup	½ baseball

<i>Protein Foods Group</i>			
Paneer or cottage cheese		3 ounces	
Non fat yoghurt		3 ounces	
Peanut butter		2 tablespoons	

<i>Oils Group</i>			
Margarine		1 teaspoon	Standard postage stamp
Oil or salad dressing		1 teaspoon	Standard cap on a 16-ounce water bottle

Specific:

Roti : 1/2 medium size

Lentil soup : 1-2 cup

Any curry : ½ cup

Porridge : 1 cup

Yoghurt : ½ cup

Breads: 1-2 slices

Rice :1-2 cup

Quesadilla, taco, sandwiches – 1 -2 slices

Pizza: 2 medium size slices

Salad : ½ cup, Noodles : 1-2 cups, Pasta – 1-2 cups