



RK Homes

Built Like a Hostel Feel Like a Home



Weekly Meal Plan

Day	Breakfast	Lunch	Snacks	Dinner
 Monday	Desi Power Start - Stuffed Paratha, Bread & Butter with Milk & Tea	South Indian Soul Bowl - Idli-Vada with Sambhar	Tiffin Time Pop - Fried Idli Remix	Soulful Daal Night - Moong Dal, Aloo Bhaji with Rice & Roti
 Tuesday	Morning Maharaja - Poha/Uttapam, BNB with Milk & Tea	Punjabi Tiffin Tales - Rajma, Seasonal Veg, Rice & Roti + Raita	Masala Munch Break - Mix Pakode	Comfort Bowl - Chana Dal, Paneer Dish with Rice & Roti
 Wednesday	Fit & Fab Fuel - Mayo Sandwich, Sprouts, Milk & Tea	Chatori Delhi Plate - Chana Masala, Seasonal Veg, Rice & Roti + Raita	Cafe Feels - Tea with Pasta	Ghar Ka Swaad - Arhar Dal, Mix Veg with Rice & Roti
 Thursday	Punjabi Mornings - Stuffed Paratha, BNB with Milk & Tea	Rajasthani Rasoi - Gatta/Kofta, Seasonal Veg, Rice & Roti + Raita	Bazaar Bites - Tea with Bread Pakoda	Desi Chinese Fusion - Indo- Chinese Platter
 Friday	Lazy Morning Fix - Sandwich with Milk & Tea	Chatori Combo - Kali-Masoor, Seasonal Veg, Rice & Roti / Chole-Kulcha	Bistro Break - Tea with French Fries	Maa Ke Haath Ka Magic - Maa Ki Daal, Seasonal Veg, Rice & Roti
 Saturday	Weekend Brunch Vibes - Upma/Sweet Sevian, BNB with Milk & Tea	Desi Detox Thali - Kale-Chane, Seasonal Veg, Rice & Roti + Raita	Street Chat Special - Tea with Bhel Puri	Mumbai Street Feast - Pav Bhaji
 Sunday	Desi Delhi Wakeup - Pindi Chole + Bhature/Aloo Puri, BNB with Milk & Tea	Sindhi Swag - Sindhi Kadhi, Aloo Gobhi, Rice & Roti + Raita	Chai-Chuski Chill - Tea with Rusk	Shaam-e-Royal - Shahi Paneer, Any Dal, Rice & Roti