

# JANUARY 2026

## ROYAL BRUNCH (WEEK-I)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Choley Chawal with Salad	Calories : 486kcal Protein : 22.8g Carbs : 78.6g Fat : 10.3g
Tuesday	White Sauce Wheat Pasta & Garlic Bread	Calories : 467kcal Protein : 17g Carbs : 84.6g Fat : 28.7g
Wednesday	Veg Biryani with Raita	Calories : 499kcal Protein : 28.7g Carbs : 58.7g Fat : 20.6g
Thursday	Plain Paratha with Aloo Matar Sabji	Calories : 327kcal Protein : 14.6g Carbs : 33.9g Fat : 15g
Friday	Moong Dal Chilla with Veg Stuffing	Calories : 500kcal Protein : 17g Carbs : approx. 50g Fat : 10.5g

Menu curated by Ruchi Bharadwaj Barah  
(Fitness Expert & Nutritionist)

# ROYAL BRUNCH (WEEK-II)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Methi Paratha with Aloo Sabji	Calories : 311kcal Protein : 8.4g Carbs : 51.7g Fat : 6.7g
Tuesday	Black Chana & Potatoes Curry served with Chapati	Calories : 463 kcal Protein : 16.3g Carbs : 63.5g Fat : 15.6g
Wednesday	Rajma Chawal & Salad	Calories : 437kcal Protein : 18.9g Carbs : 48.1g Fat : 16.4g
Thursday	Honey Chilli Noodles	Calories : 407kcal Protein : 19g Carbs : 58.5g Fat : 10.5g
Friday	Pao Bhaji	Calories : Approx. 600kcal Protein :11.1g Carbs : Approx. 70g Fat : 20.5g

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# ROYAL BRUNCH (WEEK-III)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Aloo Matar Paratha & Fruits	Calories : 495 kcal Protein : 25g Carbs : 632.5g Fat : 29g
Tuesday	Veg Grilled Sandwich	Calories : 437 kcal Protein : 18.9g Carbs : 48.1g Fat : 16.4g
Wednesday	Fried Rice & Veg Manchurian	Calories : Approx. 500 per serving Protein : 17g Carbs : Approx. 50g Fat : Cannot be ascertained as manchurian is deep fried
Thursday	Soya & Aloo Sabzi with Kulcha Bread	Calories : 459 kcal Protein : 22.9g Carbs : 66.9g Fat : 10.7g
Friday	Wheat Pasta in Red Sauce with Garlic Bread	Calories : 522kcal Protein : 11.8g Carbs : 71.6g Fat : 23.7g

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# ROYAL BRUNCH (WEEK-IV)

DAY	BRUNCH MEAL	NUTRITIONAL VALUE Calories/Serving
Monday	Steamed Idli with Sambhar & Coconut Chutney	Calories: 437kcal Protein: 18.9g Carbs: 48.1g Fat: 16.4g
Tuesday	Paneer Sandwich with hung curd served with coriander chutney	Calories: 327kcal Protein: 14.6g Carbs: 33.9g Fat: 15g
Wednesday	Rajma Chawal served with Curd	Calories: 516kcal Protein: 23.4g Carbs: 76.4g Fat: 9g
Thursday	Veg Biryani(Paneer & Soya granules)	Calories: 499kcal Protein: 28.7g Carbs: 58.7g Fat: 20.6g
Friday	Weekend Special Chinese Cuisine (Fried Rice & Chilli Paneer)	Calories: Approx 500kcal/serving Protein: 17g Carbs: Aprox. 50g Fat: Cannot be ascertained as chilli paneer is deep fried.

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