

Menu From- 15th to 21st May-2017

Early Morning Milk & Cookies Served at 6.50 am

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk/Bournvita/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita		
Cookies/Rusk	Butter Scotch	Atta (Whole wheat) Cookies	Chocolate cookies	Atta (Whole wheat) Cookies	Butter Scotch Cookies		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk	Milk	Milk		Milk		Milk	Milk
Bread	Multi-grain & Whole- wheat Breads	Multi-grain & Whole- wheat Breads	Multi-grain & Whole- wheat Breads	Multi-grain & Whole- wheat Breads	Multi-grain & whole- Wheat Breads	Multi-grain & Whole- wheat Breads	Multi-grain & Whole- Wheat Breads
Butter /Cheese	Butter	Butter	Butter	Butter	Butter	Butter	Butter
Honey/Mixed Fruit Jam	Mixed Fruit Jam + Honey	Mixed Fruit Jam	Mixed Fruit Jam+ Honey	Mixed Fruit Jam+ Honey	Mixed Fruit Jam + Honey	Mixed fruit Jam	Honey & Jam
Breakfast Cereals	Bagrry Cornflakes & Muesli	Bagrry Cornflakes & Muesli	Barley & Cracked Wheat Porridge	Kelloggs Chocos & Bagrry Muesli	Bagrry Cornflakes & Muesli	Bagrry Cornflakes & Muesli	Bagrry Cornflakes & Muesli
Egg	Boiled Egg	Dahi	Egg Omelet	Egg Bhurji	Boiled Egg	Egg Bhurji	Boiled Egg
Hot savoury	Whole Wheat Pao	Puri Sabji	Vegetable & Cottage Cheese Baked Roll	Poha Tossed with Vegetable + Sauce	Kulcha Matar	Stuffed Paratha + Dahi + Mixed Pickle	Vegetable Uttapam
Fruit		Seasonal		Seasonal		Water Melon	Mask Melon
Midday Recess At 11.00 Am							
Recess --	Banana	Chocolate Cookies	Banana	Fruit Muffin	Banana		

Lunch Menu-From- 15th to 21st May-2017

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salad- Bar	Salad Bar + Beet root	Salad Bar + Moong Sprout	Salad Bar + Sprout salad	Salad Bar + Lettuce Salad	Salad Bar + Bean Salad	Salad Bar + Chana Chat Salad	Salad Bar
Rice (Brown /Sela Rice)	Steamed Rice	Steamed Rice	Steamed Sela + Brown Rice	Steamed Sela rice	Steamed (Sela + Brown) Rice	Steamed Rice/Egg/Veg fried Rice	Steamed/Masala Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Papad/Mixed Pickle	Mixed Pickle	Mixed Pickle	Mixed Pickle	Mixed Pickle	Mixed Pickle	Mixed Pickle	Mixed Pickle
Raita/ Plain Curd	Boondi Raita	Mint Raita	Cucumber Raita	Jeera Raita	Cucumber Raita	Onion & Tomato Raita	Vegetable Raita
Pulses / Daal	Urad Split	Red Masoor	Daal Makhani	Moong Daal Tarka	Chole	Mixed Daal	Lobia Masala
Vegetable-1 /Paneer/Egg	Potato Peas Capsicum	Aloo Matar Soya keema Curry	Korma Vegetable	Matar Paneer	Vada + Sambher	Paneer Jalfrazi	Egg Curry
Pasta /Noodle /Others	Penne in Pesto Sauce	Whole Wheat Pizza Bread	Hakka Noodle & Manchurian Sauce	Pitta Bread + Hammus	Baked Vegetable	American Chopsuy	Lasagne
Vegetable-/Bread	Louki Chole	Bhindi - Do - Piazza	Garlic & Herb Bread	Potato & Bitter gourd	Bread Roll Sandwich	Fried Matar	Aloo Methi Matar
Desserts	Mango Souffle	Banana Cake /Eggless	Chocolate Mousse	Fruit Jelly	Tiramisu	Apple Crumble	Ice Cream Vanilla
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks-1	Calzone Bread	Valla Papri Chat	Whole wheat Hotdog Cutlet	Bread Pakora	Dough Nut	Moong Daal Chilla	Soya Filling Croissant
Juice/Shake	Fresh Lemon Juice	Glucon D -Lemon	Mango Shake	Fresh Lemon Water	Mango Squash	Glucon-D Orange	Flavoured MILk

Dinner Menu-From- 15th to 21st May-2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER							
Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti
Rice	Steamed Rice	Jeera Rice	Steamed Rice	Steamed Rice/Veg Fried Rice	Steamed Rice	Steamed Rice	Steamed Rice
Lentil/Soup	Daal Rajmah	Chole Amritsari	Vegetable Sorba	Veg Kofta Curry	Yellow Daal	Moong daal Fry	Daal Fry
Chicken /Fish /Mutton	Chicken Rogan Josh	Egg Fried Rice	Chicken Biryani	Fish Chilli Satey With Pokchoy	Bar-Be-Que Chicken	Mutton Curry	Fish Finger + Tartar Sauce
Vegetable/Paneer	Matar Mushroom/Jeera Aloo	Paneer-Do-Piazza	Vegetable Biryani	Kurkure Paneer	Paneer Kurchan/ Soya Matar	Paneer Lababdar/Lyonnaise Potato	Potato Peas & Cauliflower/Hakka Noodle
International	Chicken in Thai Curry	Korean Bao With Potato Tempura & Gochujang	Chicken & Rice Cake	Fish Chilli Satey with Pokchoy	Bar-Be-Que Chicken	Mutton Stew + Bread Roll	Fish finger + Tartar Sauce
Dessert	Butter Scotch Cake	Fruit Custard	Cassata	Honey Nut Pie	Strawberry Souffle	Jam Swiss Roll	Chocolate Éclair
Night Milk For Boarders After Dinner at 9.10 (PM)							
NIGHT MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk/Bournvita/Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk / Bourn Vita	Milk / Bourn Vita

All Bakery product made inhouse with Whole Wheat (Atta) & Multigrain Atta in proportion along with whole multigrain .