

Breakfast Menu From- 7th to 13th August 2017

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	07-08-17	08-08-17	09-08-17	10-08-17	11-08-17	12-08-17	13-08-17
Milk/Bournvitta/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita		
Cookies/Rusk	Butter Scotch	Butter Scotch	Chocolate Cookies	Cookies	Biscuit		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk	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 + Pea nut Honey
Honey/Mixed Fruit Jam	Mixed Fruit Jam + Honey	Orange Marmalade + Honey	Mixed Fruit Jam + Honey	Mixed Fruit Jam+ Honey	Mixed Fruit Jam + Honey	Mixed fruit Jam + Honey	Honey & Jam
Breakfast Cereals	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Cracked Wheat & Barley Porridge	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Kelloggs Chocos & Bagrrys Fruit & fibre Muesli	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Chocos & Muesli
Egg	Egg Omlet	Dry Matar Sabji	Boiled Egg	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet
Hot Savorie	Whole wheat Puri Sabji	Whole Wheat Kulcha	Vada Pao	Breakfast Vermicelli & Vegetable	Corn Cheese & Capsicum Baked Roll	Whole Wheat Paratha Sabji	Moong Daal Uttapam
Fruit		Seasonal		Seasonal		Seasonal	Seasonal
Midday Recess At 11.00 Am							
	Seasonal Fruit	Good day Biscuit	Seasonal Fruit	Chocolate Muffin (Eggless)	Seasonal Fruit	Juice	Juice

Lunch Menu From- 7th to 13th August - 2017

Lunch	MONDAY (Raksha Bandhan)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	07-08-17	08-08-17	09-08-17	10-08-17	11-08-17	12-08-17	13-08-17
Salad- Bar	Salad Bar + Beetroot Flex seeds & Soya	Salad Bar + Sprouts Salad	Salad Bar + Black Bean Salad	Salad Bar + Corn & Lettuce Salad	Salad Bar + Tossed Salad	Salad Bar + Lacha Onion	Salad Bar + Potato Beans & Chana
Rice (Brown /Sela Rice)	Onion fried rice	Steamed Sela Rice	Jeera Rice	Steamed Sela Rice	Sela + Brown rice	Steamed Sela Rice	Steamed/Onion & Masala Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti + Papad
Raita/ Plain Curd	Mint Raita	Vegetable Raita	Boondi Raita	Cucumber Raita	Onion & Coriander Raita	Vegetable Raita	Vegetable Raita
Pulses / Daal	Whole Masoor	Kadhi Pakora	Yellow Daal Tarka	Kabuli Chole	Sambar	Moong & Masoor	Daal fry
Vegetable- /Paneer/Egg	Potato Peas & Capsicum	Louki Chana	Kadhai Soya Chaap	Sabj Miloni	Potato & Black Chana	Jeera Aloo	Egg Curry
Pasta /Noodle /Others	Whole Wheat Spaghetti Stirfried With Greens	Whole Wheat Multigrain Pizza	Baked Mushroom Baby Corn & Broccoli	Stir-fried Rice Noodle With Bockchoy & Chinese Cabbage	Whole Wheat Grilled Herb Bread + Mexican Salsa	Baked Bean & Macaroni	Korean Steamed BAO + Vegetable & Lentil Soup
Vegetable-2/Bread	Kurkuri Bhindi	Soy Keema Matar Fry	Toasted Spinach , Oats & Whole Wheat Bread	Zucchini Babycorn & Pimento in Thai Red Curry Sauce	Idly	Matar Paneer	Aloo Methi Matar
Desserts	Saffron Suji Halwa	Milky Mousse Cake (Egg less)	Souffle	Tiramisu	Dates Pudding	Chocolate Swiss Roll	Straw Berry Cassata
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal	Juice	Juice
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Vegetable Puff	Dhokla + Sandwich	Papri Tikki Chat	Hot dog Cutlet	Pizza Roll	Stuffed Chilla	Kathi Roll
Juice/Shake	Glucon-D Lemon	Glucon-D-Orange	Mango Squash	Glucon-D Lemon	Fresh Lemon Water	Glucon-D Orange	Glucon-D Lemon

Dinner Menu From - 7th to 13th August - 2017

<u>Dinner Menu From - 7th to 13th August - 2017</u>							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	07-08-17	08-08-17	09-08-17	10-08-17	11-08-17	12-08-17	13-08-17
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	Garlic Toast	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti
Rice	Steamed Rice/Veg Fried rice	Jeera Rice	Steamed Rice/Garlic Fried rice	Steamed rice/Yang Chaw Fried rice	Steamed Rice	Steamed Rice	Steamed Rice
Lentil/Soup	Daal Fry	Daal Bukhara	Moong Daal Fry	Daal Triveni	Yellow Daal fry	Chana Daal	Daal Kabila
Chicken /Fish /Mutton/Egg	Chilli Chicken	Egg fried rice	Fish Finger + Tartar Sauce	Chicken Hongkong Style	Mutton Biryani	Bhuna chicken Masala	Grilled fish
Paneer/Tofu/Soya Chap/Vegan Sausage/	Paneer manchurian	Kadhai Paneer	Vegetable Manchurian Dry	Tofu Dry red Chilli	Paneer Pulao	Paneer Tikka	Paneer Makhani
Vegetable	Aloo Arbi	Achari Aloo	Kofta Curry	Aloo Gobi	Potato Capsicum	Aloo Matar & Tomato ki Sabji	Papad ki Sabji
International	Chilli Chicken & Veg fried rice	Macaroni in Korean Spicy Sauce	Fish finger + Tartar Sauce + Garlic fried Rice	Chicken Hongkong Style +Yang Chaw fried rice	Mutton & Chicken Mixmeat fried rice + Mutton Stew	Chicken in Thai yellow curry sauce	Grilled fish
Dessert	Truffle Delite	Eggless Brownie	Mango Cheese Cake	Marble Cake	Apple Pie	Caramal Custard	Fudge cake
<u>Night Milk For Boarders After Dinner at 9.10 (PM)</u>							
NIGHT MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk/Bournvitta/ Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk / Bourn Vitta	Milk / Bourn Vitta

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