

Menu From- 11th to 17th September -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	Salted Cookies	Chocolate Cookies	Butter Scotch Cookies	Chocolate cookies		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11-09-17	12-09-17	13-09-17	14-09-17	15-09-17	16-09-17	17-09-17
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	Kelloggs Cornflakes & Bagrrys Muesli	Kelloggs Cornflakes & Bagrrys Muesli	Kelloggs Chocos & Bagrrys Muesli	Kelloggs Cornflakes & Bagrrys Muesli	Barley & Cracked Wheat Porridge	Kelloggs Cornflakes & Bagrrys Muesli	Kelloggs Chocos & Bagrrys Muesli
Egg	Boiled Egg	Bhaji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Bhurji	Egg Omlet
Hot savoury	Whole Wheat Kulcha & Matar	Whole Wheat Paratha	Poha Upma	Vada Samber	Veg Puff Roll	Veg Cutlet & Baked Bean	Stuffed Croissant
Fruit		Apple	Banana	Apple		Seasonal Fruit	Seasonal Fruit
Midday Recess At 11.00 Am							
Recess --	Banana	Chocolate Cookies	Glucon D Lemon Juice	Fruit Cake (Egg Less)	Banana	Juice	Juice

Lunch Menu -11th to 17th September - 2017

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11-09-17	12-09-17	13-09-17	14-09-17	15-09-17	16-09-17	17-09-17
Salad- Bar	Salad Bar + Bean Thread Salad	Salad Bar + Moong Sprout	Salad Bar + Chana Sprouts	Salad Bar + Corn & Capsicum Salad	Salad Bar + Black Bean Salad	Salad Bar + Tossed Salad	Salad Bar + Corn Salad
Rice (Brown /Sela Rice)	Jeera Rice	Masala Rice	Steamed Sela + Brown Rice	Steamed Sela rice	Steamed (Sela + Brown) Rice	Steamed Rice	Steamed Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Batura
Raita/ Plain Curd	Mint Raita	Vegetable Raita	Boondi Raita	Jeera Raita	Cucumber Raita	Onion & Tomato Raita	Vegetable Raita
Pulses / Daal	Daal Fry (Urad & Chana)	Lobia Daal	Yellow Daal Fry	Daal Makhani	Moong Split & Chana Daal Fry	Daal Triveni	Peshawari Chole (White)
Vegetable-1 /Paneer/	Potato Peas & Capsicum	Tinda Masala	Vegetable Jalfrazi	Potato Carrot & Green Papaya	Palak Paneer	Cauliflower & Peas	Aloo Jeera
Pasta /Noodle /Others	Whole Wheat Fussily in Cheese & Basil Sauce	Whole Wheat Pizza With Mozzarella Topping	Pad thai Noodle + Manchurian Sauce	Pitta Bread + Hummus	Korean Noodle & Vegetable Sausage	Stir-fried Spaghetti With Scallion	Korean Steamed Bao
Egg / Veg	Egg fried Rice	Sauted Baby corn Mushroom & Zucchini	Egg fried Rice	Egg fried Rice	Garlic & Herb Toast Bread	Veg Chilli Garlic Fried Rice	Stirfried Vegetable
Desserts	Lemon Cheese Cake	Dry Fruit Truffle Cake	Fruit Custard	Blue Berry Souffle	Chocolate Brownie	Strawberry Cassata	Vanilla Ice-Cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Guava	Banana	Apple	Banana	Mix	Guava	Apple
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks-	Dahi Vada	Stuffed Grilled Sandwich	Whole Wheat Hot dog Cutlet	Pizza roll	Dahi Papri Chat	Stuffed Chilla	Samosa
Juice/Shake	Fresh Lemon Juice	Glucon D -Lemon	Glucon D orange	Fresh Lemon Water	Ice Tea	Glucon-D Orange	Butter Milk

Dinner Menu-From- 11th to 17th September -2017							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER	11-09-17	12-09-17	13-09-17	14-09-17	15-09-17	16-09-17	17-09-17
Salad	Green Salad + Lemon	Green Salad + Lemon	Green Salad + Lemon	Green Salad + Lemon	Green Salad + Lemon	Green Salad + Lemon	Green Salad + Lemon
Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Tandoori Roti
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Lentil/Soup	Spinach Daal	Amritsari Chole	Moong Dal Fry	Sweet Corn Soup With Bread Roll	Chana Daal fry	Yellow Dal Tarka	Moong daal Fry
Chicken /Fish /Mutton	Chicken Razzela	Egg Fried Rice	Chicken Rogan Josh	Steamed Fish Chilli Mustard	Baked Chicken in Korean Yellow Bean Sauce	Fish Chilli Oyester	Chicken Butter Masala
Paneer	Paneer Bhurji	Paneer Do Pyaza	Soya Chap Curry	Kadhai Paneer	Bhindi Do Pyaza	Paneer Manchurian	Paneer Butter Masala
Vegetable	Faldhari Kofta	Potato & Cauliflower	Potato & Peas Fry	Black Chana Vegetable	Dum Aloo	Potato Capsicum	Aloo & Tomato ki Sabji
International	Chicken in Thai Satey sauce	Korean Sushi Roll	Chicken & Noodle Soup	Steamed Fish Mustard	Baked Chicken in Korean Yellow Bean Sauce	Fish in oyester Sauce	Chicken Fried Rice
Dessert	Chocolate Tart	Baked Yughart	Dates Pudding	Chocolate Swiss Roll	Profite Roll	Assorted Pastry	Fudge cake
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 Bread & Cake product made in Genesis School Bakery with Whole Wheat (Atta 40 %) , Multigrain Atta(15%)
Whole multigrain (5 %) & Flour (35 %) .**