

Menu From-9th to 15th October -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	Chocolate Cookies	Jeera Cookies	Chocolate cookies	Butter Scotch Cookies		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY ANNUAL DAY	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	Pea Nut 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 Fruit & fibre Muesli	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Kelloggs Chocos & Bagrrys Muesli	Barley & Cracked Wheat Porridge	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli	Kelloggs Cornflakes & Bagrrys Fruit & fibre Muesli
Egg	Boiled Egg	Paneer sabji	Boiled Egg	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet
Hot savoury	Kulcha Matar	Whole Wheat Paratha	Vermicelli Upma	Masala Sandwich	Vegetable Puff	Puri Sabji	Vegetable Cutlet With Baked Bean
Fruit		Apple		Apple			
<u>Midday Recess At 11.00 Am</u>							
Recess --		Oatmeal digestive Cookies	Banana	Fruit Cake	Banana	Juice	Fruit

Lunch Menu From- 9th to 15th October -2017

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salad- Bar	Salad Bar + Bean Thread Salad	Salad Bar + Moong Sprout	Salad Bar + Chana Sprouts	Salad Bar + Lettuce Salad	Salad Bar + Black Bean Salad	Salad Bar + Chana Chat Salad	Salad Bar
Rice (Brown /Sela Rice)	Brown Rice	Sela Steamed Rice	Steamed Sela + Brown Rice	Steamed Sela rice	Steamed (Sela + Brown) Rice	Steamed Rice	Steamed/Masala Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita	Mint Raita	Boondi Raita	Cucumber Raita	Jeera Raita	Louki Raita	Onion & Tomato Raita	Vegetable Raita
Pulses / Daal	Daal Fry	Daal Triveni	Daal Rajma	Moong (Split)daal Fry	Black Chana Masala	Daal PanchRatan Whole	Daal Bukhara
Vegetable-1 /Paneer/Egg	Potato & Ivy Gourd	Carrot Peas & Soy keema	Tinda Masala	Potato & cauliflower	Sabj Miloni	Bhindi Masala	Matar Fry
Pasta /Noodle /Others	Whole Wheat Macaroni	Whole Wheat Pizza With Mozerella Topping	Baked Vegetable Bar-Be-Que Sauce	Thai Rice Noodle + Chilli Garlic Sauce	Korean rice cake & Vegetable Sausage	Stirfried Spaghetti	Vegetable & Tofu in Thai Redcurry Sauce.
Egg/Bread	Egg Fried rice	Hakka Style fried rice	Whole Wheat Spinach & Carrot Bread (Toasted)	Egg Fried rice	Garlic & Herb Bread Grilled	Egg Curry	Herb & Spinach Grilled Bread
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	Pears	Banana	Pears	Banana	Mix	Pears	Pine Apple
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks-1	Kachuri Sabji	Dahi Vada	Whole Wheat Hot dog Cutlet	Foot long pizza	Dahi Papri Chat	Stuffed Chilla	Stuffed Grilled Sandwich
Juice/Shake	Fresh Lemon Juice	Glucon D -Lemon	Mango Shake	Fresh Lemon Water	Mango Squash	Glucon-D Orange	Flavoured MILk

Dinner Menu From-9th to 15th October -2017							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Diwali Break	SUNDAY
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 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	Lobia Masala	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 Bean Sauce	Fish Chilli Oyester	Mutton curry
Paneer	Paneer Bhurji	Paneer Do Pyaza	Soya Chap Curry	Kadhai Paneer	Baked Vegetable	Paneer Manchurian	Paneer Butter Masala
Vegetable	Bhindi Do Pyaza	Potato & Arbi	Potato & Peas Fry	Veg Sweet Corn Soup With Bread Roll	Dum Aloo	Potato Capsicum	Aloo & Tomato ki Sabji
International	Chicken in Thai Satey Sauce	Pasta in Spicy Korean Sauce	Chicken & Noodle Soup	Steamed Fish Mustard	Baked Chicken in Korean Yellow Bean Sauce	Fish in oyester Sauce	Chicken Fried Rice
Dessert	Chocolate Tart	Carrot Cake Eggless	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 Bakery product made in Genesis Schoo Bakery with Whole Wheat (Atta) & Multigrain Atta in proportion along with whole multigrain .