

## Breakfast Menu From- 13th to 19th November -2017

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	13-11-17	14-11-17	15-11-17	16-11-17	17-11-17	18-11-17	19-11-17
Milk/Bournvitta/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita		
Cookies/Rusk	Jeera Cookies	Butter Scotch Cookies	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/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 Muesli	Kelloggs Cornflakes & Bagrrys Muesli	Cracked Wheat & Barley Porridge	Kelloggs Chocos & Bagrrys Muesli	Kelloggs Cornflakes + Bagrrys Muesli	Cornflakes & Muesli	Cornflakes & Muesli
Egg	Boiled Egg	Paneer Sabji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet	Egg Bhurji
Savorie	Grilled Colslaw & Cheese Sandwich	Whole Wheat Paratha	Poha & Vegetable Upma	Bread Pakora	Veg Puff Roll	Croissant Sandwich	Masala Uttapam
Fruit		Seasonal	Seasonal	Seasonal		Seasonal	Seasonal
Midday Recess At 11.00 Am							
	Seasonal Fruit	Fruit Muffin	Glucon D Lemon	Oat Meal Cookies	Seasonal Fruit	Juice	Juice

## Lunch Menu From- 13th to 19th November November -2017

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	13-11-17	14-11-17	15-11-17	16-11-17	17-11-17	18-11-17	19-11-17
Salad- Bar	Salad Bar +Spourt Salad	Salad Bar +Lettuce Salad	Salad Bar +Green Sprouts Salad	Salad Bar + Whole Bean Salad	Salad Bar + Corn Capsicum & Onion Salad	Salad Bar + Lacha Onion	Salad Bar
Rice (Brown /Sela Rice )	Steamed Sela Rice	Sela + Brown Rice	Steamed Sela Rice	Steamed Brown Rice	Steamed Sela Rice	Masala Rice	Steamed Rice
Roti ( Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Batura
Raita/ Plain Curd	Mint Raita	Vegetable Raita	Boondi Raita	Jeera Raita	Onion & Coriander Raita	Onion Raita	Vegetable Raita
Pulses / Daal	Moong Daal Fry	Rajma Masala	Whole Masoor	Moong Split & Chana	Kabuli Chole	Daal Panchmili (Whole)	Chole
Vegetable- /Paneer/Egg	Potato & Shemfali	Peas Carrot & Soya Keema	Potato & Cauliflower	Peas Paneer	Sabj Miloni	Aloo Methi Matar	Jeera Aloo
Pasta /Noodle /Others	Chilli Capsicum Macaroni	Whole Wheat Pizza With cheese Mozzerella	Stirfried Padthai Noodle + Soya Ginger Sauce	Babycorn Mushroom & Broccoli in Thai Curry Sauce	Korean Rice Cake & Vegetable Sausage in Gochujang Sauce	Spaghetti in Tomato & Cheese Sauce	Baked Vegetable Augratin
Vegetable-2/Bread	Egg Fried Rice	Veg Fried Rice	Dahi Vada	Egg Fried Rice	Louki Chana	Bread Roll Sandwich	Grilled Herb Bread
Desserts	Chocolate Gatue	Fruit Jelly	Tiramisu	Strawberry Cassata	Truffle Cake	Eclairs	Vanilla Ice-Cream
<b>Fruit for Boarders &amp; Extended Day at 3.15 (PM)</b>							
Fresh Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Evening Refreshment for Boarders &amp; Extended Day (5.00Pm) -</b>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Burger Cutlet	Valla Papri Chat	Veg puff	Bombay Grilled Sandwich	Foot long Pizza	Moong Daal Chilla	Aloo & Chana Chat
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Mango Squash	Glucon-D Lemon	Fresh Lemon Water	Glucon-D Orange	Glucon-D Lemon

<b>DinnerMenu From- 13th to 19th November -2017</b>							
<b>DINNER</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Date</b>	13-11-17	14-11-17	15-11-17	16-11-17	17-11-17	18-11-17	19-11-17
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	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	Yellow Daal Fry	Daal Bukhara	Dhania Sorba	Daal Lobia	Daal Triveni	Daal Fry	Moong Daal Tadka
Chicken /Fish /Mutton/Egg	Chicken Thai Red Curry	Egg fried Rice	Chicken Biryani	Fish Ball Manchurian Dry	Chicken Pepper Salt	Mutton Curry	Baked chicken Bar-Be-Que Sauce
Paneer/Tofu/Soya Chap/Vegan Sausage/	Paneer Razella	Paneer Lababdar	Potato & Black Chana	Tofu Manchurian	Veg Pepper Salt	Paneer Bhurji	Grilled Soya Chap
Vegetable/Soup	Gobi 65	Tomato Soup + Dinner Roll	Vegetable Biryani	Potato & Soyabean	Potato Capsicum	Veg Jalfrazi	Potato & Peas Curry
International	Chicken Thai Red Curry	Egg & Vagan Sushi Roll	Braised Chicken in Miso sauce	Fish Ball Manchurian Dry	Chicken Pepper Salt	Mutton Chilli Black Bean	Baked chicken Bar-Be-Que Sauce
Dessert	Bread Butter Pudding	Apple Pie	Assorted Pastry	Jam Swiss roll	Butterscotch Pudding	Chocolate Tart	Orange Souffle
<b>Night Milk For Boarders After Dinner at 9.10 (PM)</b>							
<b>NIGHT MILK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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 .**