

Breakfast Menu From- 11th to 17th December -2017

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Carnival)
Date	11-12-17	12-12-17	13-12-17	14-12-17	15-12-17	16-12-17	17-12-17
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 (Carnival)
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	Kelloggs Cornflakes + Bagrrys Muesli	Kelloggs Chocos & Bagrrys Muesli	Cracked Wheat & Barley Porridge	Cornflakes & Muesli	Cornflakes & Muesli
Egg	Boiled Egg	Paneer Sabji	Egg Bhurji	Boiled Egg	Egg Bhurji	Boiled Egg	Egg Bhurji
Savoury	Masala Idly (Tossed)	Paratha (Stuffing)	Slice Cheese & Mint Sauce Sandwich	Poha Upma	Vegetable Puff	Vada Pao	Kachuri Sabji
Fruit		Apple		Apple		Seasonal	Seasonal
Midday Recess At 11.00 Am							
	Banana	Cookies	Banana	Fruit Muffin	Fresh Lemon Water	Juice	Juice

Lunch Menu From- 11th to 17th December -2017

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY(Carnival)
Date	11-12-17	12-12-17	13-12-17	14-12-17	15-12-17	16-12-17	17-12-17
Salad- Bar	Salad Bar +Black chana Sprout Salad	Salad Bar +Kachumber Salad	Salad Bar +Green Moong Sprouts Salad	Salad Bar + Whole Bean Salad	Salad Bar + Cellophane Noodle 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	Roti
Raita/ Plain Curd	Mint Raita	Boondi Raita	Pine Apple Raita	Jeera Raita	Mint Sauce	Cucumber Raita	Vegetable Raita
Pulses / Daal	Lobia Masala	Arhar Daal fry	Urad Split & Chana Daal fry	Kabuli Choley	Whole Masoor	Black Chana	Rajma Masala
Vegetable- /Paneer	Potato & Semfali	Matar Mushroom	Palak Paneer	Potato Peas & Capsicum	Potato & Cauliflower	Bhindi Do Payaza	Matar Fry
Pasta /Noodle /Others	Fussily in Basil & Cheese Sauce	Whole Wheat Pizza With cheese Mozzarella	Hakka Noodle	Baked Oriental Vegetable	Korean Rice Cake & Vegetable Sausage	Sauteed Macaroni With Mushroom & Broccoli	American Choupsue
Egg/Bread/Veg	Egg fried rice	Sichuan Veg Fried rice	Sweet Corn Cilantro Soup + Soup Stick	Oven Toasted Garlic Bread	Dahi Vada	Egg Fried Rice	Potato wags
Desserts	Chocolate Mousse	Brownie/Egg less	Fruit Jelly	Dates Pudding	Chocolate Swiss roll	Ice cream	Pineapple Cheese cake
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Orange		Apple	Banana	Orange	Apple	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Carnival)
Snacks	Burger Cutlet	Valla Papri Chat	Dhokla Sandwich	French Toast	Savoury Danish	Moong Daal Chilla	Christmas Carnival
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Mango Squash	Glucon-D Lemon	Mango Squash	Glucon-D Orange	

Dinner Menu From-11th to 17th December -2017

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Carnival)
Date	11-12-17	12-12-17	13-12-17	14-12-17	15-12-17	16-12-17	17-12-17
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	Tandoori 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	Steamed Rice	Steamed Rice	Steamed Rice
Lentil	Moong Masoor	Daal Makhani	Black chana	Yellow daal	Chana Daal Fry	Moong Daal	Daal Triveni (Whole)
Chicken /Fish /Mutton/Egg	Chicken 65	Egg Fried Rice	Chicken Biryani	Fish Chilli Oyester Dry	Chicken Do Piazza	Chicken Curry	Fish Amritsari & Cilantro Sauce
Paneer/Tofu/Soya a Chap	Paneer 65	Kadhai Paneer	Vegetable Biryani	Cauliflower Manchurian	Matar Paneer	Paneer Bhurji	Paneer Butter Masala
Vegetable/Soup	Potato Peas & Capsicum	Tomato Soup + Bread Roll	Punjabi Dum Aloo	Potato Soya Keema & Peas	Dhania Aloo	Stir-Fried Vegetable	Tawa Vegetable
International	Crispy Chicken	Korean Susi Roll	Chicken & Shrimp Fried Rice	Fish Chilli Oyester Dry With Pokchoy	Chicken in Thai Chilli	Chicken Stew with Garlic Bread	Pan Fried Fish in Thai Sweet Chilli Sauce
Dessert	Truffle Pudding	Black Forest Pastry	Jam Swiss Roll	Honey Walnut Pie	Profit Roll	Chocolate Tart	Pudding
Night Milk For Boarders After Dinner at 9.10 (PM)							
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 .