

Breakfast Menu From- 12th Feb to 18th February - 2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	12-02-18	13-02-18	14-02-18	15-02-18	16-02-18	17-02-18	18-02-18
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	Kelloggs Chocos & Bagrrys Muesli	Kelloggs Chocos & Bagrrys Muesli	Cracked Wheat & Barley Porridge	Cornflakes & Muesli	Cornflakes & Muesli
Egg	Boiled Egg	Paneer Sabji	Egg Stuffed Omlet	Egg Bhurji	Boiled Egg	Egg Stuffed Omlet	Egg Bhurji
Savoury	Bread Pakora & Green Sauce	Whole Wheat Poori	Grilled Cheese Sandwich	Suji Upma	Veg Puff	Vermicelli Upma	Stuffed Moong Daal Pan Cake
Fruit	Orange		Orange	Banana		Seasonal	Seasonal
Midday Recess At 11.00 Am							
	Oat Meal Cookies	Banana	Juice	Whole wheat fruit Cake	Glucon-D	Juice	Juice

Lunch Menu From- 12th Feb to 18th February - 2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	12-02-18	13-02-18	14-02-18	15-02-18	16-02-18	17-02-18	18-02-18
Salad- Bar	Salad Bar +Sprour t 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	Roti
Raita/ Plain Curd	Mint Raita	Vegetable Raita	Boondi Raita	Jeera Raita	Onion & Coriander Raita	Boondi Onion Raita	Plain Curd (Dahi)
Pulses / Daal	Daal Fry	Lobia Daal	Daal Black masoor	Kabuli Chole	Yellow Daal Tadka	Black Chana	Rajma Masala
Vegetable- /Paneer	Cabbage Peas & Potato	Ajwani Arbi Masala	Potato Corn & chole Razella	Potato Peas & Capsicum	Cauliflower & Potato	Peas & Onion Fry	Aloo Methi
Pasta /Noodle /Others	Macaroni Pasta Stir- Fried	Whole Wheat Pizza With Mozerella Topping	Korean Rice Cake & Vagan Sausage	Bread Roll Sandwich	Hakka Noodle	Sweet & Sour Vegetable	Veg/Egg Quiche
Egg/Bread	Egg Fried Rice	Veg Fried Rice	Grilled Herb Bread With Sauce	Veg Fried Rice	Soya Tofu Chilli Capsicum	Fried Noodle +	Egg Fried Rice
Desserts	Tiramisu	Truffle Nougha Cake/ Eggless	Chocolate Delight	Fruit Jelly	Strawberry Souffle	Nut Pie	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Veg Puff Roll	Samosa	Aloo tikki Chaat	Footlong Pizza	Dahi Vada	French Bread Toast	Mixed Pakora
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Fresh Lemon Water	Glucon-D Orange	Glucon-D Lemon

Dinner Menu From- 12th Feb to 18th February - 2018							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	12-02-18	13-02-18	14-02-18	15-02-18	16-02-18	17-02-18	18-02-18
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 Makhani	Dhania Sorba	Dal Panchrattan Whole	Daal Triveni	Daal Fry	Moong Daal Tadka
Chicken /Fish /Mutton/Egg	Chicken Curry	Egg fried Rice	Chicken Biryani	Fish Ball Manchurian Dry	Chicken Pepper Salt	Mutton Curry	Miso Chicken Wings
Paneer/Tofu/Soya Chap/Vegan Sausage/	Paneer Razella	Kadhai Paneer	Potato & Green Banana	Tofu Manchurian	Veg Pepper Salt	Paneer Bhurji	Grilled Soya Chap
Vegetable/Soup	Mater Mushroom	Tomato Soup + Dinner Roll	Vegetable Biryani	Potato & Soyabean	Potato Capsicum	Veg Jalfrazi	Potato & Peas Curry
International	Chicken in Black Bean Sauce	Egg & Vegan Sausage Korean Sushi Roll	Chicken & Egg Fried Rice	Fish Ball Manchurian Dry	Chicken Pepper Salt	Mutton Bar-B-Q Sauce	Miso Chicken wings
Dessert	Bread Butter Pudding	Backed Yogurt	Assorted Pastry	Jam Swiss roll	Butterscotch Pudding	Cassata	Orange Souffle
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 .