

Breakfast Menu From-12th to18th March - 2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (HOLI)	SATURDAY	SUNDAY
Date	26-02-18	27-02-18	28-02-18	01-03-18	02-03-18	03-03-18	04-03-18
Milk/Bournvita/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita		
Cookies/Rusk	Salted Cookies	Butter Scotch Cookies	Chocolate Cookies	Cookies	Biscuit		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (HOLI)	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 & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Chocos & Muesli	Cracked Wheat & Barley Porridge	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli
Egg	Boiled Egg	Bhaji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet	Egg Bhurji
Savoury	Pao Bhaji	Whole Wheat Paneer Stuffed Paratha	Semolina & Oat Vegetable Upma	Grilled Cheese Sandwich	Paneer Puff Roll	Vada Samber	Vegetable Uttapam
Fruit			Orange				
Midday Recess At 11.00 Am							
	Grapes	Banana	Butter Scotch & Chocolate Cookies	Banana	Glucon-D-Lemon	Fruit Seasonal	Fruit Seasonal

Lunch Menu From-12th to 18th March - 2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (HOLI)	SATURDAY	SUNDAY
Date	26-02-18	27-02-18	28-02-18	01-03-18	02-03-18	03-03-18	04-03-18
Salad- Bar	Salad Bar +Green Sprout Salad	Salad Bar + Lettuce Salad	Salad Bar +Chick Peas Sprout Salad	Salad Bar +Kimchi 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	Peas Pulao/steamed Rice	Masala Rice	Steamed Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Mint Raita	Vegetable Raita	Butter milk (Chach)	Boondi Raita	Jeera Raita	Salted Lassi	Plain Curd (Dahi)
Pulses / Daal	Moog Dal Fry	Yellow daal Tadka	Kadhi Pakora	Whole Masoor	Red Lobia	Panchmili whole	Chole
Vegetable- /Paneer	Bhindi Masala	Potato & Ivy Gourd	Potato Peas & Nutri Naught	Mushroom & Vegetable Curry	Vegetable Jalfraze	Potato Peas & Capsicum	Jeera Aloo
Pasta /Noodle /Others	Macaroni & Vegetable in Pestro Sauce	Whole Wheat Pitta Bread With Hummus Salsa	Okame & Vegetable in Thai Yellow Curry	Korean Noodle soup With Tofu	Baked Potato & Vegetable	Panfried Noodle With mild garlic Sauce	Batura
Egg/Bread	Garlic Herb Bread With Mustard Sauce	Garlic & Corn Fried Rice	Egg Fried Rice	Grilled Multigrain Bread With Mexican Salsa	Egg Fried Rice	Bread Roll Sandwich	Egg Fried Rice
Desserts	Strawberry Cheesecake	Fruit Jelly	Ice cream Cassata	Tiramisu	Chocolate Cake	Souffle	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit		Banana	Orange	Grapes	Glucon -D- Lemon	Seasonal Fruit	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) -							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Veg Patty	Grilled Sandwich With Mint Sauce	Fresh Fruits with honey & Yoghurt	Steamed Dhokla Sandwich	Baked Foot long With Mozzarella Topping	French Toast	Kathi Roll

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 to 18th March - 2018							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	26-02-18	27-02-18	28-02-18	01-03-18	02-03-18	03-03-18	04-03-18
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	Palak Daal	Daal Makhani	Dhaba Daal	Daal Fry	Red Masoor	Black Chana	Yellow Daal Tarka
Chicken /Fish /Mutton/Egg	Tawa Chicken Masala	Korean Egg & Bean fried Rice	Tandoori Chicken	Fish Chilli Oyster	Chicken in Thai Red Curry Sauce	Fish Pepper Salt	Chicken Fry
Paneer/Tofu/Soya Chap/Vegan Sausage/	Paneer Razala	Paneer Tikka Khurchan	Tandoori Paneer	Kadhai Soya Chap	Paneer Masaladar	Tofu Manchurian	Paneer & Tomato Bhurji
Vegetable/Soup	Vegetable Tempera	Vegetable Soup With Bread Stick	Potato & Green Banana	Potato & cauliflower	Tom Yam Soup + Bread Toast	Aloo Methi Masala	Dum Aloo
International	Korean Chicken Soup + Kimchi	Vegan Sausage & Pasta in Korean Gochujang sauce	Shrimp & Egg Fried Rice + Kimchi	Fish Chilli Oyster	Chicken in Thai Red Curry Sauce	Fish Pepper Salt + Talumein Soup	Chicken Fry
Dessert	Profit Roll	Eggless Dates Pudding	Assorted Pastry	Jam Swiss roll	Lemon Tart	Cassata	Orange Souffle
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 inhouse with Whole Wheat (Atta) & Multigrain Atta in proportion along with whole multigrain .