

Breakfast Menu From - 21st to 27th May- 2018

| EARLY MORNING MILK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY (Last working) | SATURDAY | SUNDAY (Round Square) |
|-----------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| Date | 21-05-18 | 22-05-18 | 23-05-18 | 24-05-18 | 25-05-18 | 26-05-18 | 27-05-18 |
| 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 | SATURDAY | SUNDAY(Round Square) |
| Milk | 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 | Kelloggs Cornflakes & Muesli | Kelloggs Cornflakes & Muesli | Kelloggs Cornflakes + Muesli | Kelloggs Chocos & Muesli |
| Egg | Boiled Egg | Paneer & Potato Sabji | Egg Bhurji | Boiled Egg | Egg Bhurji | Egg Boiled | Egg Omlet |
| Savoury | Kulcha Matar | Whole Wheat Puri | Vermicelli Upma | Vegetable Puff | Vada Pao | Uttapam | Puri Sabji |
| Fruit | | | Banana | | | | |
| Midday Recess At 11.00 Am | | | | | | | |
| | Banana | Banana | Butter Scotch Cookies | Banana | Glucon-D-Lemon | Fruit Seasonal | Fruit Seasonal |

Lunch Menu From- 21st to 27th May - 2018

| Lunch | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY (Round Square) |
|---|-------------------------------|---|--|----------------------------|---|-------------------------|------------------------|
| Date | 21-05-18 | 22-05-18 | 23-05-18 | 24-05-18 | 25-05-18 | 26-05-18 | 27-05-18 |
| Salad- Bar | Salad Bar +Green Sprout Salad | Salad Bar + Lettuce & Lavas Bread Salad | Salad Bar + Sprout Salad | Salad Bar +Beans Salad | Salad Bar + Corn Capsicum & Onion Salad | Salad Bar + Lacha Onion | Salad Bar |
| Rice (Sela Rice) | Steamed Sela Rice | Sela + Brown Rice | Steamed Sela Rice | Steamed Brown Rice | Steamed Rice | Steamed Rice | Steamed Rice |
| Roti (Whole wheat) | Roti | Roti | Roti | Roti | Roti | Roti | Roti |
| Raita/ Plain Curd | Mint Raita | Vegetable Raita | Dhania Raita | Cucumber Raita | Jeera Raita | Boondi Raita | Plain Curd (Dahi) |
| Pulses / Daal | Moong Daal Fry | Daaal Fry | Daal Rajma | Yellow Daal Tarka | Whole Masoor | Mix Daal | Chole |
| Vegetable- /Paneer | Palak Paneer | Aloo Gobi | Bhindi Do Pyaza | Vegetable Razzela | Kadhai Soya Chap | Potato Peas & Capsicum | Soya Matar |
| International | Pasta In Arabita Sauce | Whole Wheat Pizza With Mozzarella Topping | Oriental Vegetable in Thai Curry Sauce . | Hakka Noodle | lebanese Pitta Bread With Hammus | Thai Rice Noodle | Pasta |
| Egg/Bread/Vegetable | Baked Garlic Toast Bread | Veg Garlic Fried Rice With Cellophen Noodle | Thai Basil Fried Rice (Egg) | Dahi Vada | Egg Fried Rice | Crispy chilly Vegetable | Egg Curry |
| Desserts | Mango Souffle | Fruit Custard | Tiramisu | Dates & Jagger Cake | Baked Yoghurt & Fresh Fruit | Truffle Cake | Lemon Tart |
| Fruit for Boarders & Extended Day at 3.15 (PM) | | | | | | | |
| Fresh Fruit | Water Melon | Banana | Water Melon | Banana | Banana | Seasonal Fruit | Seasonal Fruit |
| Evening Refreshment for Boarders & Extended Day (5.00Pm) – | | | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY (Round Square) |
| Snacks | Burger Cutlet | Bombay Grilled Sandwich | Fresh Fruit Salad / Herb & ButterToast | Cheese Nugget & Bread Roll | Semolina Toast | Pizza 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- 21st to 27th May - 2018 | | | | | | | |
|--|--------------------------------------|----------------------------------|--------------------------|-------------------|------------------------------------|-------------------|-------------------------------|
| DINNER | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY (Last Working) | SATURDAY | SUNDAY (Round Square) |
| Date | 21-05-18 | 22-05-18 | 23-05-18 | 24-05-18 | 25-05-18 | 26-05-18 | 27-05-18 |
| 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 | Red Masoor Daal | Daal Makhani | Yellow Daal | Daal Fry | Moong Daal | Daal Fry | Moong Daal Tadka |
| Chicken /Fish /Mutton/Egg | Bar-B- Q Chicken | Korean Bao Slider | Grilled fish Soya Lemon | Chicken Biryani | Thai Chicken & Noodle Tom Yam Soup | Chicken | |
| Paneer/Tofu/Soya Chap/ | Tofu & Vegetable Sauted with Padthai | Kadhai Paneer | Macaroni Chilli Capsicum | Veg Biryani | Paneer Kali Mirch | Paneer | |
| Vegetable/Soup | Aloo Matar ki Salan | Dum Aloo | Gobi Masaladar | Papad ki Sabji | Potato & onion Bhaji | veg | |
| International | Chicken in korean Yellow Bean Sauce | Korean Vegan Sausage & Rice Cake | Grilled fish | Thai Chicken Rice | Thai chicken & Noodle Tom Yam Soup | | |
| Dessert | Butter Scotch Cake | Eggless Brownie | Chocolate Swiss Cake | Ice cream Cassata | Honey Nut Pie | Desert | |
| 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 .

Lunch Menu for Nursery & KG From- 21st to 23th May - 2018

| Lunch | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
|---------------------|------------------------|---|-------------------|---------------------|-------------------------------------|--|--|
| Date | 21-05-18 | 22-05-18 | 23-05-18 | 24-05-18 | 25-05-18 | | |
| Salad- | Cucumber & Tomato | Cucumber & Tomato | Cucumber & onion | Cucumber & Carrot | Cucumber & Tomato | | |
| Rice (Sela Rice) | Steamed Sela Rice | Steamed Sela Rice | Steamed Sela Rice | Steamed Rice | Steamed Rice | | |
| Roti (Whole wheat) | Roti | Roti | Roti | Roti | Roti | | |
| Raita/ Plain Curd | Plain Curd | Plain Curd | Plain Curd | Boondi Raita | Plain Curd | | |
| Pulses / Daal | Moong Daal Fry | Daaal Fry | Daal Rajma | Whole Masoor | Yellow Daal Tarka | | |
| Vegetable- /Paneer | Palak Paneer | Aloo Gobi | Bhindi Do Pyaza | Vegetable Razzela | Kadhai Soya Chap | | |
| International | Pasta In Arabita Sauce | Whole Wheat Pizza With Mozarella Topping | Paneer | Hakka Noodle | lebanese Pitta Bread With Hammus | | |
| Desserts | Mango Souffle | Fruit Jelly | Tiramisu | Dates & Jagger Cake | Baked Yoghurt & Fresh Fruit | | |