

## Breakfast Menu From- 9th to 15th July-2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	09-07-18	10-07-18	11-07-18	12-07-18	13-07-18	14-07-18	15-07-18
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	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	Kellogg's Cornflakes & Bagrrys Muesli	Kellogg's Cornflakes & Bagrrys Muesli	Kellogg's Chocos & Bagrrys Muesli	Kellogg's Chocos & Bagrrys Muesli	Kellogg's Cornflakes + Bagrrys Muesli	Cornflakes & Muesli	Cornflakes & Muesli
Egg	Boiled Egg	Paneer Sabji +Fruit	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet	Egg Bhurji
Savoury	Pao Bhaji	Whole Wheat Puri	Poha Upma + Rasa	Veg Patty	Cheese Sandwich	Vada +Rasam+ Chutney	Stuffed Croissant
<b>Midday Recess At 11.00 Am</b>							
	Seasonal Fruit	Butter Scotch Cookies	Fruit Cake	Seasonal Fruit	Glucon-D-Lemon	Juice	Juice

## Lunch Menu From- 9th to 15th July-2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	09-07-18	10-07-18	11-07-18	12-07-18	13-07-18	14-07-18	15-07-18
Salad- Bar	Salad Bar + Sprout Salad	Salad Bar + Lettuce Salad	Salad Bar + Green Sprouts Salad	Salad Bar + Whole Bean Salad	Salad Bar + Corn Capsicum & Onion Salad	Salad Bar + Pasta Salad	Salad Bar
Rice (Brown /Sela Rice )	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Rice/Masala Rice
Roti ( Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Cucumber Raita	Boondi Raita	Mint Raita	Jeera Raita	Vegetable Raita	Fried Onion Raita	Plain Curd ( Dahi )
Pulses / Daal	Daal Fry	Whole Masoor	Rajmah Masala	Moong Daal Fry	Yellow Daal Tarka	Red Masoor	Daal Triveni (Whole)
Vegetable- /Paneer	Bitter gourd & Potato	Aloo Parmal	Bhindi Do Pyaza	Aloo Matar Paneer	Vegetable Ki Salan	Aloo Peas & Carrot	Aloo Palak Sukhi Sabji
Pasta /Noodle /Others	Soya Chap Masaladar	Whole Wheat Italian Bread with Mozzarella Cheese topping	Stir-fried Pad-thai Noodle With Soya Ginger sauce	Baked vegetable	Vegetable Hakka Noodle with Accompaniment	Khow Suey	Macaroni & Vegetable Tossed With Herb
Egg/Bread	Egg Fried rice	Veg fried Rice & Manchurian Sauce	Egg Fried rice	Bread Roll Sandwich	Toast Herb Bread With Fresh Tomato Salsa	Egg Curry	Egg Fried Rice
Desserts	Tiramisu	Suji Halwa	Mango Souffle	Dates Pudding	Chocolate Mousse	Chocolate Swiss Role	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	Calzon Pocket Roll	Dahi Valla Chat	Burger Cutlet	Fresh Fruit Chat	Paneer Puff	Grilled Sandwich	Stuffed Moong Chilla
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Fresh Lemon Water	Glucon-D Orange	Glucon-D Lemon

<b>Dinner Menu From- 9th to 15th July-2018</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>	09-07-18	10-07-18	11-07-18	12-07-18	13-07-18	14-07-18	15-07-18
<b>Salad</b>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
<b>Roti</b>	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti
<b>Rice</b>	Steamed Rice	Steamed Rice	Steamed Rice	Steamed rice	Steamed Rice	Steamed Rice	Steamed Rice
<b>Lentil</b>	Moong Daal Fry	Pindi Chole	Vegetable Raita	Whole Masoor	Daal Fry	Black Chana	Yellow Daal Tadka
<b>Chicken /Fish /Mutton/Egg</b>	Chicken Curry	Chilli Garlic fried Rice	Chicken Biryani	Pan-fried Fish Chilli Honey	Miso Chicken Stir-fried	Fish Chilli Satey (Thai)	Baked Chicken
<b>Paneer/Tofu/Soya Chap/Vegan Sausage/</b>	Sahi Paneer	Kadhai Paneer	Aloo Matar SoyaBean	Paneer Razella	(Tandoor) Soya Chap Makhani	Paneer methi malai	Paneer Tikka Masala
<b>Vegetable/Soup</b>	Kofta Curry	Vegetable Manchurian	Vegetable Biryani	Dahiwala Aloo	Aloo Capsicum Dry	Aloo Gobi	Aloo Matar fry
<b>International</b>	Stirfried Chicken	Korean Rice Cake & whole Wheat Pasta	Chicken & Egg Korean Fried Rice	Pan-fried Fish Chilli Honey	Miso Chicken	Fish Chilli Satey (Thai)	Baked Chicken
<b>Dessert</b>	Truffle Delight	Brownie/Egg less	Pineapple Cheese Cake	Dry fruit Pudding	Marble Cake	Strawberry Cassata	Fudge cake
<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>
<b>Milk/Bournvitta / Horlicks</b>	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**

## Lunch Menu for Nursery & KG From- 9th to 15th July-2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Date	09-07-18	10-07-18	11-07-18	12-07-18	13-07-18		
Salad-		Cucumber & Tomato	Cucumber & onion	Cucumber & Carrot	Cucumber & Tomato		
Rice (Sela Rice )		Steamed Sela Rice	Steamed Sela Rice	Steamed Rice	Steamed Rice		
Roti ( Whole wheat)		Roti	Roti	Roti	Roti		
Raita/ Plain Curd		Plain Curd	Plain Curd	Boondi Raita	Plain Curd		
Pulses / Daal		Whole Masoor	Rajmah Masala	Moong Daal Fry	Yellow Daal Tarka		
Vegetable- /Paneer		Shai paneer	Bhindi Do Pyaza	Aloo Matar Paneer	Paneer Jalfrazi		
International		Whole Wheat Italian Bread With Mozarella Topping	Paneer	Toast Herb Bread With Fresh Tomato Salsa	Hakka Noodle		
Desserts		Suji Halwa	Mango Souffle	Dates Pudding	Chocolate Mousse		