

Breakfast Menu From- 10th to 16th September -2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	10-09-18	11-09-18	12-09-18	13-09-18	14-09-18	15-09-18	16-09-18
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 /Peanut Butter	Butter/Nutella
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 & Muesli	Kellogg's Cornflakes & Muesli	Kellogg's Cornflakes & Muesli	Kellogg's Cornflakes + Muesli	Kellogg's Cornflakes + Muesli	Kellogg's Chocos + Muesli	Kellogg's Cornflakes + Muesli
Egg	Boiled Egg	Paneer Sabji	Egg Bhurji	Boiled Egg	Egg Bhurji	Egg Omlet	Egg Bhurji
Savoury	Pao Bhaji	Whole Wheat Puri	Vermicelli Upma + Sauce	Veg Paneer Roll	Grilled Cheese Sandwich	Idly Sambar	Vegetable Stuffed Mung Chilla
Midday Recess At 11.00 Am							
	Cashew Biscuit	Banana	Multigrain Cookies	Banana	Glucon-D-Lemon	Tuck Shop	Glucon-D orange

Lunch Menu From- 10th to 16th September -2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	10-09-18	11-09-18	12-09-18	13-09-18	14-09-18	15-09-18	16-09-18
Salad- Bar	Salad Bar +Sprourat Salad	Salad Bar + Corn & Cucumber Salad	Salad Bar +Apple & walnut Salad	Salad Bar + Whole Bean Salad	Salad Bar + Bean Thread Salad	Salad Bar + Spinach Tomato & Cucumber Salad	Salad Bar
Rice (Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Boondi Raita	Masala Chanch	Mint Raita	Jeera Raita	Vegetable Raita	Lassi	Plain Curd (Dahi)
Pulses / Daal	Daal Triveni	Daal Fry	Chole Amritsari	Yellow Daal Tarka	Daal Black Chana	Masoor Tarka	Daal Bukhara
Vegetable- /Paneer	Aloo & Ivy Gourd	Spinach Peas & Soya Keema	Vegetable Jalfrazi	Carrot Beans & Paneer	Soya Chap With Capsicum	Peas & Gatta Curry	Gobi Adraki
International	Fussily in Tomato & Basil Sauce	Whole Wheat Italian Bread With Mozzarella Topping	Stirfried Pad-Thai Noodle	Baked Vegetable With Cheese	Korean Rice Cake	Whole Wheat Pizza	American Chopsuie
Egg/Bread/Veg	Egg fried rice	Veg & Corn fried Rice	Egg Fried rice	Garlic & Oregano Toast	Louki Chole	Egg Curry	Fancy Bread Basket With Salsa
Desserts	Tiramisu	Suji Halwa	Orange Souffle	Fruit Custard	Ice Cream Cassata	Jam Swiss Cake	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Apple	Pears	Apple	Pears	Apple		
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Veg Puff	Bombay Grilled Sandwich	Hot dog Cutlet	Foot long pizza	Kachori Bhaji	Calzon Bread	Paneer Khati 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- 10th to 16th September -2018							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	10-09-18	11-09-18	12-09-18	13-09-18	14-09-18	15-09-18	16-09-18
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	Tandoori Naan/Roti
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed rice	Steamed Rice	Steamed Rice	Steamed Rice
Lentil	Red Masoor	Rajma Masala	Raita	Whole Masoor	Daal Fry	Chole	Daal Makhani
Chicken /Fish /Mutton/Egg	Chicken Chilli soya	Fried Rice	Chicken Biryani	Fish Chilli Satey	Karahi Chicken Keema	Fish Ball Manchurian	Tandoori Chicken
Paneer/Tofu/Soya Chap/Vegan Sausage/	Paneer Lababdar	Kadhai Paneer	Aloo Matar SoyaBean	Potato & Cauliflower	Paneer & Corn Bhurji	Paneer Masaladar	Tandoori Paneer Malai/Masala Tikka
Vegetable/Soup	Bhindi Masala	Sweet Potato Tempura	Vegetable Biryani	Maggi Noodle	Dahi Aloo	Tofu & Mushroom Stirfried	Achari Aloo
International	Chicken in Black Bean Sauce	Korean Susi Roll	Korean Chicken Fried Rice	Fish Chilli Satey	Braised chicken	Fish Ball Manchurian	Stir-fried Chicken With Pokchoy
Dessert	Truffle Delight	Brownie/Egg less	Pineapple Cheese Cake	Phirni	Mango Eclier	Strawberry Cassata	Chocolate 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 Vita	Milk / Bourn Vita

All Bakery product made inhouse with Whole Wheat (Atta) & Multigrain Atta in proportion

Lunch Menu for Nursery & KG From- 10th to 14th September-2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Date	10-09-18	11-09-18	12-09-18	13-09-18	14-09-18		
Salad-	Salad Bar +Sprourt Salad	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	Cucumber Raita	Plain Curd	Plain Curd	Boondi Raita	Plain Curd		
Pulses / Daal	Daal Triveni	Daal Fry	Chole Amritsari	Yellow Daal Tarka	Mung Daal Fry		
Vegetable- /Paneer	Paneer Makhani	Spinach Peas & Soya Keema	Vegetable Jalfrazi	Carrot Beans & Paneer	Soya Chap With Capsicum		
International	Fussily in Tomato & Basil Sauce	Whole Wheat Italian Bread With Mozzarella Topping	Stirfried Pad-Thai Noodle	Garlic & Origeno Toast	Louki Chole		
Desserts	Tiramisu	Suji Halwa	Orange Souffle	Fruit Custard	Ice Cream Cassata		