

Breakfast Menu From- 8th to 14th October - 2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	08-10-18	09-10-18	10-10-18	11-10-18	12-10-18	13-10-18	14-10-18
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
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
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	Nutella
Breakfast Cereals	Cornflakes & Muesli	Cornflakes & Muesli	Cornflakes & Muesli	Cornflakes & Muesli	Cornflakes + Muesli	Kellogs Chocos + Muesli	Cornflakes + Muesli
Egg	Boiled Egg	Samber	Egg Bhurji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet
Savoury	Masala Kulcha & Matar	Vada	Vermicelli Upma	Vegetable Puff	Vada Pao	Fried Idly	Croissant Stuff
Midday Recess At 11.00 Am							
	Fruit Muffin	Banana	Multigrain Cookies	Banana	Glucon-D-Lemon	Fruit Seasonal	Fruit Seasonal

Lunch Menu From- 8th to 14th October - 2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	08-10-18	09-10-18	10-10-18	11-10-18	12-10-18	13-10-18	14-10-18
Salad- Bar	Salad Bar +Green Sprout Salad	Salad Bar + Lettuce Salad	Salad Bar + Three Bean Salad	Salad Bar +Beet Root & Tomato Salad	Salad Bar + Corn Capsicum & Onion Salad	Salad Bar + Lacha Onion	Salad Bar
Rice (Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela 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	Pine Apple Raita	Plain Curd (Dahi)
Pulses / Daal	Daal Fry	Moong Daal Fry	Daal Rajmah	Daal Red Masoor	Black Chana	Whole Masoor	Chole
Vegetable- /Paneer	Potato & Cauliflower	Soya Keema Peas & Carrot	Aloo Karela	Kolha Puri Paneer & Vegetable	Karai Soya chap	Palak Paneer	Jeera Aloo
Pasta /Noodle /Others	Macaroni Chilli Capsicum	Whole Wheat Pizza With Mozarella Topping	Stirfried Pad-Thai Noodle	Korean Rice Cake & Tofu	Baked Mushroom Babycorn & Zucchini	American Chopsuey	Batura
Egg/Bread	Egg Fried Rice	Garlic & Corn Fried Rice	Egg Fried Rice With Okame & Scallion	Thai Curry Vegetable	Grilled Multigrain Garlic Bread With Mexican Salsa	Bread Roll & Sauce	Egg Fried Rice
Desserts	Butter Scotch Cake	Keshri Suji Halwa	Ice cream Cassata	Tiramisu	Jaggery & Dates Cake	Chocolate Tart	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Orange	Pears	Apple	Orange	Apple	Seasonal Fruit	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Paneer Puff Roll	Calzone Stuff	Papri Chat	Bread Pakora	Cheese Pizza Roll	Moong Daal Chilla	Grilled Double Decker Sandwich
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- 8th to 14th October - 2018							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	08-10-18	09-10-18	10-10-18	11-10-18	12-10-18	13-10-18	14-10-18
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 Tarka	Daal Bukhara	Daal Fry	Moong Daal	Daal Masala	Arhar & Moong	Chana & Masoor
Chicken /Fish /Mutton/Egg	Steamed Chicken Black Pepper	Korean Egg fried Rice	Rara Mutton	Chilli Fish	Chicken Butter Masala	Fish Finger	Chicken Fry
Paneer/Tofu/Soya Chap	Potato & Chole ki Sabji	Karai Paneer	Paneer Bhurji	Soya Chaop	Paneer Methi Malai	Maggi Noodle	Sahi Paneer
Vegetable/Soup	Bhindi Masala	Vegetable Noodle Soup (Thupka)	Potato & Green peas	Potato & cauliflower	Tom Yam Soup + Bread Toast	Potato & Soya	Dum Aloo
International	Steamed Chicken Black Pepper	Vegetable Tempura With Sweet Chilli Sauce	Mutton Fried Rice + Vegetable Kimchi	Chilli Fish	Chicken in Thai Red Curry Sauce	Fish Pepper Salt + Talumein Soup	Chicken Fry
Dessert	Profit Roll	Eggless Dates Pudding	Assorted Pastry	Chocolate Swiss Roll	Eclier	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 .

	<u>Lunch Menu for Nursery & KG From- 8th to 12th October - 2018</u>							
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Date	08-10-18	09-10-18	10-10-18	11-10-18	12-10-18	13-10-18	14-10-18	
Salad- Bar	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad			
Rice (Brown /Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice			
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti			
Raita/ Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd			
Pulses / Daal	Daal Fry	Moong Daal Fry	Daal Rajmah	Daal Red Masoor	Black Chana			
Vegetable- /Paneer	Potato & Cauliflower	Soya Keema Peas & Carrot	Matar Paneer	Kolha Puri Paneer & Vegetable	Karai Soya chap			
Pasta /Noodle /Others	Macaroni Chilli Capsicum	Whole Wheat Pizza With Mozzarella Topping	Stirfried Pad-Thai Noodle	Jeera Aloo	Grilled Multigrain Garlic Bread			
Desserts	Butter Scotch Cake	Keshri Suji Halwa	Ice cream Cassata	Tiramisu	Jaggery & Dates Cake			