

Breakfast Menu-03rd to 09th December - 2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	03-12-2018	04-12-2018	05-12-2018	06-12-2018	07-12-2018	08-12-2018	09-12-2018
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 & Pea nut 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	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Kellogs Cornflakes + Muesli	Kellogs Chocos + Muesli
Egg	Boiled Egg	Potato & Peas Bhaji	Egg Bhurji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Omlet
Savoury	Pao Bhaji	Gobi & Paneer Paratha	Grilled Mint & Cheese Sandwich	Vegetable Puff	Vada Pao	Puri Sabji	Stuffed Laccha Paratha
Midday Recess At 11.00 Am							
	Apple	Fruit Muffin	Multigrain Cookies	Banana	Glucon-D-Lemon	Cookies	Fruit Cake

Lunch Menu From - 03rd to 09th December - 2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	03-12-2018	04-12-2018	05-12-2018	06-12-2018	07-12-2018	08-12-2018	09-12-2018
Salad- Bar	Salad Bar +Green Sprout Salad	Salad Bar + Lattuce	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	Tomato Soup	Cucumber Raita	Boondi Raita	Jeera Raita	Coriander & Mint Raita	Plain Curd (Dahi)
Pulses / Daal	Daal Makhani	Daal Fry	Rajma Daal	Black Masoor	Yellow Daal Tarka	Daal Panchmela whole	Black Chana
Vegetable- /Paneer	Tandoori Vegetable Masala	Chole Beans & Potato	Ganth Gobi Potato & Peas	Mixed vegetable & Paneer Jalfrazi	Soya Chap	Aloo & Arbi Masaladar	Aloo Tomato Rasa
Pasta /Noodle /Others	Macaroni Tossed With Masala	Whole Wheat Italian Herb bread With Mozzarella Topping	Soya Tofu chilli Capsicum	Vegetable Hakka Noodle	Baked Vegetable In Tomato & Cheese Sauce	Stirfried Padthai With Chinese Greens	Panfried Noodle
Egg/Bread	Korean Egg Fried Rice	Thai Fried Rice with Onion & Mushroom	Egg Fried Rice With Cellophen Noodle	Vegetable Coin Manchurian	Multigrain Spinach & Garlic Bread Toast With Salsa	Corn & Capsicum Fried Rice	Cauliflower Chilli Soya
Desserts /Eggless	Chocolate Brownie	Suji Halwa	Jaggery & Dates Cake	Orange Souffle	Chocolate Mousse	Cassata	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Orange	Apple	Orange	Apple	Banana		
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Chocolate Doughnut	Poha Pancake	Burger Cutlet	Papri Chat	Semolina Toast	Cheese Pizza Roll	Samosa
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Flavoured Coffee Drink	Glucon-D-Orange	Glucon-D Lemon

Dinner Menu From-03rd to 09th December - 2018							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	03-12-2018	04-12-2018	05-12-2018	06-12-2018	07-12-2018	08-12-2018	09-12-2018
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	Potato & Black Chana	Moong Daal	Daal Masala	Arhar & Moong	Daal Fry
Chicken /Fish /Mutton/Egg	Korean Chicken Yellow Bean Sauce	Thai Egg fried Rice	Chicken Biryani	Korean Chilli Fish	Chicken Butter Masala	Fish Finger	Chicken Hong Kong Style
Paneer/Tofu/Soya/ Vegetable	Paneer Razzela	Bhindi Do Pyaza	Vegetable Biryani	Paneer Do Pyaza	Paneer Methi Malai	Paneer & Soy Keema Curry	Achari Aloo Paneer capsicum
Vegetable/Soup + Bread	Sweetcorn Cilantro Soup	Maggi Noodle	Korean Noodle Soup Chicken/Rice Cake	Potato & cauliflower	Cream Of Mushroom Soup	Thai Tom Kha Gai/Vegan	Wonton Soup
International	Korean Chicken Yellow Bean Sauce	Thai Sweet PotatTempera	Chicken Fried Rice	Korean Chilli Fish	Chicken in Thai Chilli Satey Sauce	Fish Finger	Chicken Hong Kong Style
Dessert	Truffle Cake	Sahi Tukra	Chocolate Tarte	Tiramisu	Chocolate Custard	Profit Roll	Jam Swiss Cake
Night Milk For Boarders After Dinner at 9.00(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- 03rd to 08th December-2018						
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	03-12-2018	04-12-2018	05-12-2018	06-12-2018	07-12-2018	08-12-2018	
Salad- Bar	Green Salad	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	Steamed Sela Rice	
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	
Raita/ Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	
Pulses / Daal	Daal Makhani	Daal Fry	Rajma Daal	Black Masoor	Yellow Daal Tarka	Daal Panchmela whole	
Vegetable- /Paneer	Tandoori Vegetable Masala	Chole Beans & Potato	Ganth Gobi Potato & Peas	Mixed vegetable & Paneer Jalfrazi	Soya Chap	Aloo & Arbi Masaladar	
Pasta /Noodle /Others	Macroni Tossed With Masala	Whole Wheat Italian Herb bread With Mozarella Topping	Soya Tofu chilli Capsicum	Vegetable Hakka Noodle	Baked Vegetable In Tomato & Cheese Sauce	Stirfried Padthai With Chinese Greens	
Desserts	Chocolate Browniee	Fhirni	Jaggery & Dates Cake	Orange Souffle	Chocolate Mousse	Cassata	