

Breakfast Menu From-17th to 23rd December-2018

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	17-12-2018	18-12-2018	19-12-2018	20-12-2018	21-12-2018	22-12-2018	23-12-2018
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 Chocos + Muesli	Kellogs Chocos + Muesli
Egg	Boiled Egg	Potato & Paneer Sabji	Egg Bhurji	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Bhurji
Savoury	Pao Bhaji	Stuffed Parantha	Poha Upma	Kulcha Matar	Bread Pakora	Grilled Cheese Sandwich	French Toast
Midday Recess At 11.00 Am							
	Multigrain Cookies	Orange	Fruit Muffin	Banana	Glucon-D-Lemon	Cookies	Fruit Cake

Lunch Menu From-17th to 23rd December-2018

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	17-12-2018	18-12-2018	19-12-2018	20-12-2018	21-12-2018	22-12-2018	23-12-2018
Salad- Bar	Salad Bar + Sprout Salad	Salad Bar + Pine Apple & Lattuce	Salad Bar + Three Bean Salad	Salad Bar + Kachumber Salad	Salad Bar + Corn Capsicum & Onion Salad	Green Salad	CHRISTMAS
Rice (Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	C
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	A
Raita/ Plain Curd	Mint Raita	Cucumber Raita	Cucumber Raita	Boondi Raita	Jeera Raita	Boondi Raita	R
Pulses / Daal	Rajmah Daal	Yellow Daal Tarka	Daal Fry	Moong Wash Tadka	Black Masoor	Fried Chilli Capsicum	N
Vegetable- /Paneer	Kohlrabi Carrot & Runner Beans	Matar Mushroom	Aloo Arbi	Mixed Vegetable & Paneer Jalfrazi	Chole Potato & Beans	PaneerBiryani	I
Pasta /Noodle /Others	Macaroni Tossed With Soya Garlic	Whole Wheat Pizza With Mozarella Topping	Soya Tofu chilli Capsicum	Vegetable Hakka Noodle	Exotic Vegetable in Thai Green Curry Sauce	Potato Peas & Nutri Gravy	V
Egg/Bread	Korean Egg Fried Rice	Thai Fried Rice with Onion & Corn	Egg Fried Rice With Cellophen Noodle	Vegetable Coin Manchurian	Pitta Pocket With Hammus	Egg Fried Rice	A
Desserts /Eggless	Chocolate Truffle Cake	Suji Halwa	Jaggery & Dates Pudding	Orange Souffle	Chocolate Mousse	Cassata	L
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Orange	Apple	Guava	Orange	Banana		
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Doughnut	Samosa	Burger Cutlet	Papri Chat	Semolina Toast	Cheese Pizza Roll	
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Flavoured Coffee Drink	Glucon-D-Orange	

		Dinner Menu From-17th to 23rd December-2018						
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Date	17-12-2018	18-12-2018	19-12-2018	20-12-2018	21-12-2018	22-12-2018	23-12-2018	
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	Murg Masaladar	Egg fried Rice	Chicken Biryani	Fish in Oyster Sauce	Tandoori Chicken Butter Masala	Fish Finger	Chicken Curry	
Paneer/Tofu/Soya/ Vegetable	Aloo Chole Paneer	Paneer Do Pyaza	Vegetable Biryani	Potato Razzela	Paneer Butter Masala	Paneer & capsicum	Paneer Korma	
Vegetable/Soup + Bread	Manchow Soup (Veg/Chicken)	Korean Noodle Bean Soup	Chiccken/Veg Clear Soup	Maggi Noodle	Cauliflower Manchurian	Achari Aloo	Wonton Soup	
International	Chicken in Thai Red Curry Sauce	Korean Steamed Bun & Kimchi	Chicken Fried Rice	Fish in Oyester sauce	Chicken in Korean Black Bean Sauce	Fish Finger	Chicken Fry	
Dessert	Mango Cheese Cake	Sevian Kheer	Chocolate Tarte	Tiramisu	Jam Swiss Cake	Profit Roll	Ice cream	
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 17th to 23rd December-2018							
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	17-12-2018	18-12-2018	19-12-2018	20-12-2018	21-12-2018		
Salad- Bar	Salad Bar + Sprout Salad	Salad Bar + Pine Apple & Lattuce	Salad Bar + Three Bean Salad	Salad Bar +	Salad Bar + Corn Capsicum & Onion 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	Rajmah Daal	Yellow Daal Tarka	Daal Fry	Moong Wash Tadka	Black Masoor		
Vegetable- /Paneer	Kohlrabi Carrot & Runner Beans	Matar Mushroom/Paneer	Potato peas & Paneer	Mixed Vegetable & Paneer Jalfrazi	Chole Potato & Beans		
Pasta /Noodle /Others	Macaroni Tossed With Masala	Whole Wheat Pizza With Mozarella Topping	Soya Tofu chilli Capsicum	Vegetable Hakka Noodle	Pitta Pocket With Hammus		
Desserts	Chocolate Truffle Cake	Suji Halwa	Jaggery & Dates Pudding	Orange Souffle	Chocolate Mousse		

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