

Breakfast Menu -11th to 17th February -2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-02-2019	12-02-2019	13-02-2019	14-02-2019	15-02-2019	16-02-2019	17-02-2019
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 + Nutella	Butter + Cheese Slice
Honey/Mixed Fruit Jam	Mixed Fruit Jam + Honey	Mixed Fruit Jam + Honey	Mixed Fruit Jam + Honey	Mixed Fruit Jam+ Honey	Mixed Fruit Jam + Honey	Mixed fruit Jam	Mixed fruit Jam + Honey +
Breakfast Cereals	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Chocos + Muesli
Egg	Boiled Egg	Porridge	Boiled Egg	Egg Bhurji	Boiled Egg	Egg Bhurji	Egg Omelet
Savoury	Pao Bhaji	Whole Wheat Puri	Grilled Cheese Sandwich	Poha Upma	Vegetable Puff	Bread Pakora	Laccha Paratha + Curd + Pickle
Seasonal Fruit		Banana		Grapes	Banana	Orange	Apple
Midday Recess At 11.00 Am							
	Orange	Chocolate Cake (Eggless Nutless)	Orange	Multigrain Cookies	Glucon-D-Orange	Tuck Shop	Glucon-D-Lemon

Lunch Menu- 11th to 17th February -2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-02-2019	12-02-2019	13-02-2019	14-02-2019	15-02-2019	16-02-2019	17-02-2019
Salad- Bar	Salad Bar + Sprout Salad	Salad Bar + Lettuce & Millet	Salad Bar + Three Bean Salad	Salad Bar +Tossed Vegetable Salad	Salad Bar + Roasted Corn Tofu & Pine Apple Salad	Salad Bar + Salad Julliane	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 + Fried Rice
Roti (Whole Wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Boondi Raita	Pineapple Raita	Jeera Raita	Boondi Raita	Mint Raita	Dahi Valla	Jeera Raita
Pulses / Daal	Daal Fry	Yellow Dal Tarka	Chole Amritsari	Moong & Masoor	Kari Pakora	Moong daal Fry	Dal Triveni
Vegetable- /Paneer	Potato & Cauliflower	Soya Keema Peas & Potato Curry	Aloo Semfali	Soya Chaap	Veg Jalfrazi	Egg Curry	Aloo Methi Matar
Pasta /Noodle /Others	Whole Wheat Pasta Macaroni	Whole Wheat Pizza With Mozzarella Topping	Flat Rice Noodle With Pokchoy & Broccoli	Bar-Be-Que Mushroom Babycorn & Soy Tofu	Korean Rice Cake & Noodle	Stirfried Fettuchini	Wonton In Sweet & Sour Sauce
Egg/Bread	Egg Fried Rice & Sauce	Vegetable Fried Rice & Manchurian Sauce	Egg Fried Rice With Spring Onion	Dinner Roll Sandwich	Multigrain & Spinach Bread Toast With Salsa	Mushroom & Corn Rice	Vegetable Manchurian
Desserts	Brownie	Fruit Custard	Tiramisu	Ice-Ceram Cassata	Orange Souffle	Truffle Cake	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Guava	Grapes	Apple	Orange	Grapes	Orange	Guava
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Calzone Bread	Papri Tikki Chat	Hot Dog Cutlet	Dahi Vada	Kachuri Sabji	Mix Pakora Chat	Moog Dal Chilla
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Fresh Lemon Water	Milk Shake	Glucon-D Lemon

Dinner Menu -11th to 17th February -2019							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-02-2019	12-02-2019	13-02-2019	14-02-2019	15-02-2019	16-02-2019	17-02-2019
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	Garlic Bread	Whole Wheat Roti	Whole Wheat Roti
Rice	Steamed Rice	Jeera Rice	Steamed Rice	Steamed Rice	Veg Fried Rice	Steamed Rice	Steamed Rice
Lentil	Daal Tarka	Red lentil (Masoor)	Potato Soyabean	Daal Fry	Vegetable in Hunan sauce	Daal Rajmah	Yellow Daal fry
Chicken /Fish /Mutton/Egg	Chicken Do Pyaza	Korean fried Rice	Chicken Biryani	Mutton Curry	Chicken Chilli Oyester	Fish Finger	Rara Chicken
Paneer/Tofu/Soya Chap	Paneer Afgani	Paneer Lababdar	Vegetable Biryani	Palak Paneer	Chilli Paneer	Paneer Cutlet	Paneer Soy Keema
Vegetable/Soup(Veg/Non Veg)	Hot & Sour Soup	Maggi Noodle	Sweet Corn Soup	Wonton Soup Vegetable /Chicken	Manchow Soup	Jeera Aloo	Kimchi Soup
International	Chicken Lo main	Korean Rice Cake	Conjee Chicken	Mutton Dasida	Chicken Chilli Oyester	Fish Finger	Stirfried Chicken in Soya Ginger
Dessert	Cinnamon Roll	Phirni	Souffle	Apple Honey Pie	Profit Roll	Jam Swiss Roll	Pudding
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 .

	Lunch Menu for Nursery & KG From -11th to 17th February -2019						
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-02-2019	12-02-2019	13-02-2019	14-02-2019	15-02-2019	16-02-2019	17-02-2019
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	Yellow Dal Tarka	Chole Amritsari	Moong & Masoor	Kari Pakora		
Vegetable- /Paneer	Potato & Cauliflower	Soya Keema Peas & Potato Curry	Aloo Semfali	Soya Chaap	Veg Jalfrazi		
Pasta /Noodle /Others	Whole Wheat Pasta Macaroni	Whole Wheat Pizza With Mozzarella Topping	Flat Rice Noodle With Pokchoy & Broccoli	Bar-Be-Que Mushroom Babycorn & Soy Tofu	Jeera Aloo		
Desserts	Brownie	Fruit Custard	Tiramisu	Ice-Ceram Cassata	Orange Souffle		