

Breakfast Menu- 11th to 17th March-2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-03-2019	12-03-2019	13-03-2019	14-03-2019	15-03-2019	16-03-2019	17-03-2019
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 + Honey	Mixed fruit Jam + Honey
Breakfast Cereals	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Cornflakes + Muesli	Kellogs Chocos + Muesli	Kellogs Chocos + Muesli
Egg	Boiled Egg	Sambar	Egg Bhurji	Egg Bhurji	Boiled Egg	Egg Bhurji	French Toast
Savoury	Whole Wheat Pao & Bhaji '	Idli	Grilled Cheese & Mint Sauce Sandwich	Vermicelli Upma	Cottage Cheese Puff Roll	Bhedawi Puri	Moong Bean & Pumpkin Pancake
Seasanal Fruit		Green Grapes		Green'Grapes		Orange	Black Grapes
Midday Recess At 11.00 Am							
	Banana	Chocolate Cookies	Orange	Fruit Cake (Egg less Nut less)	Banana	Tuck Shop	Glucon-D-Lemon

Lunch Menu-11th to 17th March -2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-03-2019	12-03-2019	13-03-2019	14-03-2019	15-03-2019	16-03-2019	17-03-2019
Salad- Bar	Salad Bar + Sprout Salad	Salad Bar + Lattuce	Salad Bar + Three Bean Salad	Salad Bar +Tossed Vegetable Salad	Salad Bar + Roasted Corn Tofu & Onion 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
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Vegetable Raita	Boondi Raita	Jeera Raita	Boondi Raita	Mint Raita	Cuchumber Raita	Plain Curd (Dahi)
Pulses / Daal	Urad Daal Fry	Yellow Dal Fry	Chole Amritsari	Daal Triveni	Masoor Makhani	Moong daal Fry	Pind Chole
Vegetable- /Paneer	Mushroom Corn & Carrot	Nutri Nugget & Peas	Khatta Meetha Kaddu	Kadhai Vegetable	Spinach Peas & Vegetable	Achari Aloo Matar Capsicum	Jeera Aloo
Pasta /Noodle /Others	Noodle	Pizza	Baby Corn & Broccoli In Thai Red curry	Pasta	Padthai Noodle	Chinese Chopsuey	Batura
Egg/Bread	Multi grain Bread Baked with Tomato Salsa	Vegetable Fried Rice + Manchurian Sauce	Egg Fried Rice	Bread Roll	Egg rice	Masala Rice	Garlic Bread With Cheese
Desserts	Brownie	Fruit Custard	Tiramisu	Ice-Ceram Cassata	Strawberry Souffle	Truffle Cake	Ice cream
Fruit for Borders & Extended Day at 3.15 (PM)							
Fresh Fruit	Guava	Grapes	Apple	Orange	Grapes	Orange	Guava
Evening Refreshment for Borders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Calzone Bread	Baked Lavas & Tikki Chat	Savoury Stuffed Kulcha	Dahi Vada	Savoury Pancake With Nutella	Baked Brownie Patty	Pakora Chatt
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Fresh Lemon Water	Cold Coffee	Glucon-D Lemon

Dinner Menu - 11th to 17th March -2019							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-03-2019	12-03-2019	13-03-2019	14-03-2019	15-03-2019	16-03-2019	17-03-2019
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	Dinner Roll Veg/Chicken	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Steamed rice	Steamed Rice	Steamed Rice	Steamed Rice
Lentil	Daal Tarka	Rajma	Daal Fry	Daal Palak	Daal Peshwari	Gobi Matar	Yellow daal Tarka
Chicken /Fish /Mutton/Egg	Chicken Masaladar	Egg Fried Rice	Chicken Biryani	Fish Dumpling In Mild spicey sauce	Chicken 65	Fish In Chinese Five spice sauce	Chicken Butter Masal
Paneer/Tofu/Soya Chap	Paneer Afgani	Paneer Lababdar	Vegetable Biryani	Chilli Paneer/Jeera Aloo	Paneer Do Pyaza	Matar Paneer	Paneer Makhani
Vegetable/Soup	Vegetable/Chickn Miso Soup	Sweet Corn Cilantro soup + Fried Noodle	Aloo Matar Bhaji	Cream Of Vegetable/Chicken Soup	Egg Drop Soup/Vegetable & Tofu Thick Soup	Taichin Potato	Aloo Papad Ki Sabji
International	Thai Yellow Curry Chicken	Steamed Korean Bao	Korean Chicken Stew With Rice Cake	Fish Dumpling In Mild spicey sauce	Crispy Fried Chicked	Fish In Chinese Five spice sauce	Chicken In Korean Bean sauce
Dessert	Chocolate Tart	Semiya Payasam	Fudge Cake	Dates Pudding	Chocolate Custard	Walnut Pie	Éclair
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 15th March-2019							
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	11-03-2019	12-03-2019	13-03-2019	14-03-2019	15-03-2019		
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	Urad Daal Fry	Yellow Dal Fry	Chole Amritsari	Daal Triveni	Masoor Makhani		
Vegetable- /Paneer	Mushroom Corn & Carrot	Nutri Nugget & Peas	Khatta Meetha Kaddu	Kadhai Vegetable	Spinach Peas & Vegetable		
Pasta /Noodle /Others	Noodle	Pizza	Baby Corn & Broccoli In Thai Red curry	Pasta	Padthai Noodle		
Bread/Egg Rice	Multi grain Bread Baked with Tomato	Vegetable Fried Rice + Manchurian Sauce	Egg Fried Rice	Bread Roll	Egg rice		
Desserts	Brownie	Fruit Custard	Tiramisu	Ice-Ceram Cassata	Strawberry Souffle		