

Breakfast Menu From - 15th to 21st April-2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	15-04-2019	16-04-2019	17-04-2019	18-04-2019	19-04-2019	20-04-2019	21-04-2019
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 (HOLI)	SATURDAY	SUNDAY
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 + Pea nut
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	Honey & Jam
Breakfast Cereals	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Chocos & Muesli	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli
Egg	Egg Bhurji	Cracked Wheat & Barley Porridge	Boiled Egg	Boiled Egg	Egg Bhurji	Egg Omlet	Egg Omlet
Savoury	Idly Samber	Whole Wheat Kulcha & Matar	Bread Pakora	Grilled Masala Sandwich	Vegetable Puff	Bhedawi Puri	Croissant Sandwich
Fruit		Banana		Grapes			

Midday Recess At 11.00 Am

	Orange	Whole Wheat & Oat Muffin	Grapes	Atta Cookies	Banana	Tuck shop	Fruit Seasonal
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Lunch Menu From- 15th to 21st April-2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	15-04-2019	16-04-2019	17-04-2019	18-04-2019	19-04-2019	20-04-2019	21-04-2019

Salad- Bar	Salad Bar +Green Sprout Salad	Salad Bar + Lettuce Salad	Salad Bar + Sprout Salad	Salad Bar +Beans Salad	Salad Bar + Corn Capsicum & Onion Salad	Salad Bar + Lacha Onion	Salad Bar
Rice (Brown /Sela Rice)	Steamed Sela Rice	Sela + Brown Rice	Steamed Sela Rice	Steamed Brown Rice	Steamed Rice	Masala Rice	Steamed Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Boondi Raita	Butter milk (Chach)	Butter milk (Chach)	Jeera Raita	Vegetable Raita	Salted Lassi	Plain Curd (Dahi)
Pulses / Daal	Yellow Daal Fry	Dhaba Daal Fry	Panchamil (Mixed) Daal	Daal Makhani	Daal Triveni	Moong daal Fry	Chole Amritsari
Vegetable- /Paneer	Ivy Gourd	Karai Soya chap	Vegetable Jalfrazi	Louki Chole	Palak Paneer Papad	Bhindi Do Pyaza	Aloo Masaladar
International	Whole Wheat Pizza	Macaroni Chilli Capsicum	Southern Masala Dhosa + Coconut & Tomato Chutney	Hakka Noodle	Dahi Vada	Roasted Vegetable & Tofu with Garlic Braed	Batura
Egg/Bread	Egg Fried rice	Whole Wheat Bread Roll Sandwich	Egg Rice	W: wheat Herb Bread Baked with Tomato Salsa	Egg Rice	Vegetable Biryani	Assorted Bread with Dips
Desserts	Dates Pudding	Suji Halwa	Orange Soufle	Chocolate Mousse	Ice cream Cassata	Oat Nougat Cake	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Apple	Water melon	Orange	Water melon	Water Melon	Seasonal Fruit	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Stuffed Kulcha	Aloo Tikki Chat	Burger Cutlet	Moong Bean Chilla	Steamed Dhokla	Kathi Roll Egg/Veg	Semolina Toast
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- 15th to 21st April-2019							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	15-04-2019	16-04-2019	17-04-2019	18-04-2019	19-04-2019	20-04-2019	21-04-2019
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	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	Moong daal Fry	Masoor Makhani	Boondi Raita	Rajma Masala	Red Masoor	Moong Daal Sprouted	Yellow Daal Tarka
Chicken /Fish /Mutton/Egg	Five Spice Oriental chicken	Korean Egg fried Rice	Chicken Biryani	Crumbed fish Finger + Tartar Sauce	Chicken 65	Fish Pepper Salt	Rara Chicken
Paneer/Tofu/Soya Chap/	Paneer Razala	Matar Paneer	Vegetable Biryani	Vegetable Sammi Kebab	Paneer Masaladar	Paneer Methi Malai	Paneer & Tomato Bhurji
Vegetable/Soup	Jack fruit Kebab	Chilli Mushroom	Potato & Nutrila	Aloo Gobi	Tomato Soup + Bread Toast	Talumien Soup Veg/Chicken	Minestrone Soup + Dinner Roll
International	Five Spice Oriental chicken	Maggi Noodle	Korean Conjee Chicken	Crumbed fish Finger + Tartar Sauce	Chicken in Korean Black Bean Sauce	Fish Pepper Salt	Chicken/Tofu in Spicy Thai Satey Sauce
Dessert	Brownie (Eggless)	Apple Struddle	Chocolate Custard	Nutella Cheese Cake	Sahi Tukra	Honey Jam Swiss Roll	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 .

Lunch Menu for Nursery & KG From- 15th to 19th April-2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Date	15-04-2019	16-04-2019	17-04-2019	18-04-2019	19-04-2019		
Salad-	Cucumber & Onion	Cucumber & Tomato	Cucumber & onion	Cucumber & Carrot	Cucumber & Tomato		
Rice (Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Rice	Steamed Rice		
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti		
Raita/ Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd		
Pulses / Daal	Yellow Daal Fry	Dhaba Daal Fry	Panchamil (Mixed) Daal	Daal Makhani	Daal Triveni		
Vegetable- /Paneer	Ivy Gourd	Karai Soya chap	Vegetable Jalfrazi	Louki Chole/Paneer	Palak Paneer Papad		
International	Whole Wheat Pizza	Macaroni Chilli Capsicum	Southern Masala Dhosa + Coconut & Tomato Chutney	Hakka Noodle	Dahi Vada		
Desserts (Eggless)	Dates Pudding	Suji Halwa	Orange Soufle	Chocolate Mousse	Ice cream Cassata		