

Breakfast Menu - 20th to 26th May - 2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	20-05-2019	21-05-2019	22-05-2019	23-05-2019	24-05-2019	25-05-2019	26-05-2019
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	Paneer Bhaji	Egg Bhurji	Egg Bhurji	Boiled Egg	Egg Bhurji	Egg Omlet
Savoury	Whole Wheat Pao & Bhaji	Paratha	Poha upma	Grilled Sandwich With Slice Cheese	Vegetable Puff	Bread pakora	Uttapam
Seasonal Fruit		Water Melon		Water Melon		Grapes	Apple
Midday Recess At 11.00 Am							
	Banana	Multigrain Cookies	Chocolate Cake	Glucon - D Orange	Glucon - D Lemon	Tuck Shop	Glucon-D-Lemon

Lunch Menu - 20th to 26th May - 2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	20-05-2019	21-05-2019	22-05-2019	23-05-2019	24-05-2019	25-05-2019	26-05-2019
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	Masala Chanch	Boondi Raita	Jeera Raita	Masala Chanch	Plain Curd (Dahi)
Pulses / Daal	Masoor Makhani	Moong Daal Fry	Dhaba Daal Fry	Rajma Masala	Yellow Daal Fry	Green Moong Tarka	Chole Amritsari
Vegetable- /Paneer	Ivy Gourd	Aloo Parmal Fry	Vegetable Kofta Curry	Soya Peas	Matar Paneer	Kadhai Soya Chap	Aloo Masaladar
Pasta /Noodle /Others	Mushroom Babycorn & Soya Chilli Capsicum	Pitta Bread & Hammus Salsa	Hakka Noodle	Fussily Pasta	Glass Noodle & Wokame Fried Rice	Roasted Vegetable With Cajun & Paprika	American Chopsuie
Egg/Bread	Egg Fried rice	Vegetable Fried Rice	Whole Wheat Bread Roll Sandwich	Egg Rice	Herb Bread Baked With Garlic Butter & Cheese	Egg Curry	Assorted Bread with Dips
Desserts	Browniee	Suji Halwa	Ice cream Cassata	Mango Custard	Nutella & Crumb Cake	Jam Swiss Roll	Profit Roll
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Mango	Apple	Mango	Grapes	Mango	Grapes	Juice
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Hot Dog Cutlet	Aloo Tikki Chat	Samosa	Savoury Stuffed Kulcha	Poha Pancake	Whole wheat Pizza Bread	Sandwiches
Juice/Shake	Fresh Lemon Juice	Glucon-D-Orange	Iced lemon Tea	Glucon-D Lemon	Fresh Lemon Water	Cold Coffee	Glucon-D Lemon

		Dinner Menu - 20th to 26th May -2019						
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Date	20-05-2019	21-05-2019	22-05-2019	23-05-2019	24-05-2019	25-05-2019	26-05-2019	
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	Tandoori Butter Naan/ Roti/Paratha	Whole Wheat Roti	Tandoori Butter Naan/ Roti/Paratha	Whole Wheat Roti	
Rice	Steamed Rice	Jeera Rice	Steamed Rice	Steamed rice	Steamed Rice	Steamed Rice	Steamed Rice	
Lentil	Yellow daal Fry	Daal Bukhara	Masala Chanch	Masoor Makhani	Black chana	Kali Daal	Moong Dal Fry	
Chicken /Fish /Mutton/Egg	Roasted Chicken in Korean Bean sauce	Yeung Chaw Fried Rice (Egg)	Chicken Biryani	Chicken Butter Masala	Fish Orly	Chicken Curry	Chicken Fry	
Paneer/Tofu/Soya Chap	Paneer Razella	Karai Paneer	Vegetable & Paneer Biryani	Paneer Butter masala	Vegetable Cutlet	Paneer Lababdar	Paneer Bhurji	
Vegetable/Soup	Dum Aloo	Vegetable Tempira	Potato Tomato Bhaji	Crispi Chilli Vegetable	Mushroom & Noodle Clear Soup	Aloo Gobi Matar	Aloo Methi Matar	
International	Roasted Chicken in Korean Bean sauce	Korean Rice Cake	Chilli Garlic Korean Chicken Rice	Chicken Thai Yellow Curry	Fish Orly	Miso Chicken	Korean Stir-fried chicken	
Dessert	Dates Pudding	Fudge Cake	Apple Struddle	Ice cream	Assorted Pastry	Chena Kheer	Mango Mousse	
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 20th to 26th May - 2019						
Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	20-05-2019	21-05-2019	22-05-2019	23-05-2019	24-05-2019		
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	Masoor Makhani	Moong Daal Fry	Dhaba Daal Fry	Rajma Masala	Yellow Daal Fry		
Vegetable- /Paneer	Ivy Gourd	Aloo Parmal Fry	Vegetable Kofta Curry	Soya Peas	Matar Paneer		
Pasta /Noodle /Others	Mushroom Babycorn & Soya Chilli Capsicum	Pitta Bread & Hammus Salsa	Hakka Noodle	Fussily Pasta	Glass Noodle & Wokame Fried Rice		
Bread/Egg Rice	Egg Fried rice	Vegetable Fried Rice	Whole Wheat Bread Roll Sandwich	Egg Rice	Herb Bread Baked With Garlic Butter & Cheese		
Desserts	Browniee	Suji Halwa	Ice cream Cassata	Mango Custard	Nutella & Crumb Cake		