

## Breakfast Menu From - 19th to 25th August -2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	19-08-2019	20-08-2019	21-08-2019	22-08-2019	23-08-2019	24-08-2019	25-08-2019
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		
<b>BREAKFAST</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY (MUN)</b>	<b>SATURDAY (MUN)</b>	<b>SUNDAY (MUN)</b>
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 + Nutella	Butter + Pea Nut Butter	Slice Cheese
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	Honey & Jam
Breakfast Cereals	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Chocos & Muesli	Kelloggs Cornflakes & Muesli	Kelloggs Cornflakes + Muesli	Honey Loops +Muesli
Egg	Egg Bhurji	Cracked Wheat & Barley Porridge	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Bhurji	French Toast
Savoury	Idly Samber	Bread Pakora	Grilled Sandwich With Slice Cheese	Matar Kulcha	Aloo Paratha With Pickle & Curd	Vegetable Puff	Poha
Fruit		Apple	Banana	Water Melon	Apple	Watermelon	Pear
<b>Midday Recess At 11.00 Am</b>							
	Banana	Multigrain Cookies	Fresh Lemon Water	Dry Fruit Cake	Glucon - D-Lemon	Tuck shop	Fruit Seasonal

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Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY ( MUN )	SATURDAY (MUN)	SUNDAY (MUN)
Date	19-08-2019	20-08-2019	21-08-2019	22-08-2019	23-08-2019	24-08-2019	25-08-2019
Salad- Bar	Salad Bar + Green Sprout Salad	Salad Bar + Beet Root Salad	Salad Bar + Corn Salad	Salad Bar +Three Beans Salad	Sprouts Salad + Green Salad	Bean Salad + Green salad	Pasta Salad + Green salad
Rice (Brown /Sela Rice )	Steamed Sela Rice	Sela + Brown Rice	Steamed Sela Rice	Steamed Brown Rice	Steamed+Egg Rice	Steamed	Steamed+Egg Rice
Roti ( Whole wheat)	Roti	Roti	Roti	Roti	Puri +Roti	Roti	Roti
Raita/ Plain Curd	Boondi Raita	Mint Raita	Jeera Raita	Masala Chanch	Boondi Raita	Pineapple Raita	Plain Raita
Pulses / Daal	Kali Masoor Makhni	Yellow Daal Tarka	Chole Amritsari	Mung daal Fry	Chole	Kadhi	Rajma
Vegetable- /Paneer	Potato & Bitter Gourd	Lady finger ( Bhindi Masal )	Potato & Ivy Gourd	Kadhai Vegetable & Paneer	Aloo Gobi	Soya Chap	Paneer & Vegetables Jalfrazi
International	Penne in Pesto sauce	Whole Wheat Italian Bread with Mozerella Topping	Thai Rice Noodle	Korean Rice Cake & Noodle with Tofu	Pita Bread	Egg Curry	Hakka Noodles
Egg/Bread	Bread Roll Sandwich	Vegetable Fried Rice With Corn & Capsicum	Egg Fried Rice	Garlic Bread With Oregano Seasoning	Hummus		Veg Manchurian
Desserts /Egg Less	Mango Souffle	Dry Fruit Custard	Strawberry & Vanilla Cassata	Roasted Sevia Kheer	Rawa Kesari Halwa	Cassatta	Brownie with Vanilla Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Apple	Pears	Apple	Pears	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Evening Refreshment for Boarders & Extended Day (5.00Pm) –							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Crispy Calzone With	Papri Chat	Hotdog Cutlet With Ranche	Mix Pakoda	Paneer Puff Roll	Kathi Roll	Vegetable Spring Roll
Juice/Shake	Glucon-D-Orange	Fresh Lemon Water	Mango Shake	Chai + Coffee	Jumpin	Ice Tea	Chocolate Shake

		Dinner Menu From - 19th to 25th August -2019						
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (MUN )	FRIDAY ( MUN )	SATURDAY (MUN)	SUNDAY	
Date	19-08-2019	20-08-2019	21-08-2019	22-08-2019	23-08-2019	24-08-2019	25-08-2019	
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 Roti	Tandoori Naan	Chapati	Chapati	
Rice	Steamed Rice	Steamed Rice	Peas Pulao	Jeera Rice	Steamed Rice	Veg Biryani	Steamed Rice	
Lentil	Chana Daal Fry	Potato & Black Chana	Daal Palak	Dhaba Dal fry	Dal Makhani	Tomato Soup + Bread Sticks	Malka Daal Fry	
Chicken /Fish /Mutton/Egg	Mutton Curry	Sukhi Aloo Matar Ki Sabji	Fish Finger With Tartar Sauce	Chicken 65	Butter Chicken	Chicken Biryani	Fish Tobanjan	
Paneer/Tofu/Soya Chap/	Tofu Chilli Capsicum	Paneer Manchurian Gravy	Paneer Cutlet	Paneer Razella	Tandoori Paneer Tikka	Shahi Paneer	Paneer Masala	
Vegetable/Soup	Matar Mushroom	Vietnames Dry Red Chilli Noodle	Dum Aloo Punjabi	Aloo Matar	Sweet Corn Soup	Kurkuri Bhindi	Taichin Potato	
International	Mutton Stew	Steamed Char Siu Bao (Vegetable)	Fish Finger With Tartar Sauce	Lasagna	Garlic Toast Bread	Chilli Chicken	Fish Tobanjan	
Dessert	Walnut Pie	Eggless Dates Pudding	Jam Swiss Roll	Tiramisu	Gulab jamun	Chocolate Eclairs	Sahi Tukra	
Night Milk For Boarders After Dinner at 9.10 (PM)								
NIGHT MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Milk/Bournvita/Horlicks	Milk /Bourn Vita	Milk /Horlicks	Milk /Bourn Vita	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 19th to 22nd August -2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
Date	19-07-2019	20-07-2019	21-07-2019	22-07-2019	
Salad-	Cucumber + onion + Carrot	Cucumber + Carrot Tomato	Cucumber + onion + Carrot	Cucumber & Carrot	
Rice (Sela Rice )	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Rice	
Roti ( Whole wheat)	Roti	Roti	Roti	Roti	
Raita/ Plain Curd	Plain Curd	Plain Curd	Plain Curd	Plain Curd	
Pulses / Daal	Kali Masoor Makhni	Yellow Daal Tarka	Chole Amritsari	Mung daal Fry	
Vegetable- /Paneer	Potato & Bitter Gourd	Lady finger ( Bhindi Masal )	Potato & Ivy Gourd	Kadhai Vegetable & Paneer	
International	Penne in Pesto sauce	Whole Wheat Italian Bread with Mozerella	Thai Rice Noodle	Korean Rice Cake & Noodle with Pok	
Bread/Egg	Bread Roll Sandwich	Vegetable Fried Rice With Corn &	Egg Fried Rice	Garlic Bread With Oregano Seasoning	
Desserts ( Eggless )	Mango Souffle	Dry Fruit Custard	Strawberry & VanillaCassata	Roasted Sevian Kheer	