

Breakfast Menu From - 21st to 24th October - 2019

EARLY MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	21/10/2019	22/10/2019	23/10/2019	24/10/2019	25/10/2019	26/10/2019	27/10/2019
Milk/Bournvita/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Diwali Break		
Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Diwali Break		
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Diwali Break		
Milk	Milk	Milk	Milk	Milk	Diwali Break		
Bread	Multi-Grain & Whole-Wheat Breads	Multi-Grain & Whole-Wheat Breads	Multi-Grain & Whole-Wheat Breads	Multi-Grain & Whole-Wheat Breads			
Butter	Butter	Butter	Butter	Butter			
Honey/Mixed Fruit Jam	Mixed Fruit/Mango Jam + Honey	Mixed Fruit/Orange Marmalade Honey	Mixed Fruit Jam + Honey	Mixed Fruit Jam+ Honey			
Breakfast Cereals	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli	Kelloggs Cornflakes + Muesli			
Egg	Egg Bhurji	Aloo Paneer Sabji	Egg Bhurji	Boiled Egg			
Savoury	Matar Kulcha	Whole Wheat Puri	Vermicelli Upma	Pasta Chilli Capsicum			
Midday Recess At 11.00 Am							
	Whole Wheat Coconut Cookies	Banana	Oat Meal Cookies	Fruit Cake			

Lunch Menu From - 21st to 27th October - 2019

Lunch	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	21/10/2019	22/10/2019	23/10/2019	24/10/2019	25/10/2019	26/10/2019	27/10/2019
Salad- Bar	Green Salad & Sprout Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Salad Bar + 3 bean Salad
Rice (Brown /Sela Rice)	Steamed Sela Rice	Sela + Brown Rice	Steamed Sela Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Roti (Whole wheat)	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Raita/ Plain Curd	Boondi Raita	Jeera & Onion Raita	Mint Raita	Vegetable Raita	Jeera & Onion Raita	Cucumber Raita	Boondi Raita
Pulses / Daal	Daal Makhani	Daal Fry	Chole Amritsari	Daal Triveni	Mung Daal Fry	Yellow Daal	Whole Mung
Vegetable- /Paneer	Aloo Ivy Gourd	Soya Keema	Achari Baigan	Aloo Gobi Masaladar	Kofta Curry	Bhindi Masala	Gobi Adraki
International	Whole Wheat Fussili In Tomato Basil	Pitta Bread	Hakka Noodle	Italian Bread with Pizza Topping	Panfried Noodle	Spaghetti aglio e olio	Sweet & Sour Wonton
Egg/Bread	Egg Fried Rice	Vegetable & Cellophen Noodle Rice	Bread Roll	Egg Fried Rice	Masala Rice	Multi Grain Bread Basket	Egg Curry
Desserts /Egg Less	Chocolate Fudge	Semian Kheer	Cassata	Souffle		Assorted Pastry	Ice-Cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
Fresh Fruit	Pears	Apple	Pears	Orange	Seasonal	Seasonal	Seasonal
Evening Refreshment for Boarders & Extended Day (5.00Pm) —							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Dough Nut	Dahi Vada	Foot Long Pizza	Grilled Sandwich	Spring Roll	Samosa	Steamed Momos
Juice/Shake	Glucon-D-Orange	Glucon-D-Lemon	Iced lemon Tea	Glucon-D-Lemon	Fresh Lemon Water	Glucon-D Orange	Glucon-D Lemon

Dinner Menu From - 21st to 24th October - 2019							
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	21/10/2019	22/10/2019	23/10/2019	24/10/2019	25/10/2019	26/10/2019	27/10/2019
Salad	Green Salad	Kimchi & Cucumber	Green Salad	Green Salad	Diwali Break		
Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti			
Rice	Steamed Rice	Veg Fried Rice/Steamed Rice	Steamed Rice	Steamed Rice			
Lentil	Daal Tarka	Pindi Chole	Black Chana	Yellow Daal			
Chicken /Fish /Mutton/Egg	Chicken Spicy Satey Sauce	Vegetable Manchurian	Chicken Biryani & Raita	Crispy Cajun Chicken			
Paneer/Tofu/Soya Chap/	Paneer Do - Pyaza	Chilli Paneer	Veg & Paneer Fried Rice + Sauce	Paneer			
Vegetable/Soup	Potato Wages & Baked Bread	Sweetcorn Soup	Dinner Roll	Aloo Matar Ki Sabji			
Dessert	Mango Cake	Walnut Pie	Pudding	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 21st to 23th October - 2019

Lunch	MONDAY	TUESDAY	WEDNESDAY		
Date	21/10/2019	22/10/2019	23/10/2019		
Salad-	Cucumber + onion + Carrot	Cucumber + Carrot Tomato	Cucumber + onion + Carrot		
Rice (Sela Rice)	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice		
Roti (Whole wheat)	Roti	Roti	Roti		
Raita/ Plain Curd	Plain Curd	Plain Curd	Plain Curd		
Pulses / Daal	Daal Makhani	Daal Fry	Chole Amritsari		
Vegetable- /Paneer	Jeera Aloo	Soya Keema	Paneer		
International	Whole Wheat Fussili In Tomato Basil	Pitta Bread & Hammus	Hakka Noodle		
Bread/Egg	Egg Fried Rice	Vegetable & Cellophen Noodle Rice	Bread Roll		
Desserts (Eggless)	Chocolate Fudge	Semian Kheer	Cassata		