

Meal Menu - 4th -10th September 2023							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04-Sep	05-Sep	06-Sep	07-Sep	08-Sep	09-Sep	10-Sep
MORNING MILK	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita
Cookies/fruit	Cookies/fruit	Cookies/fruit	Cookies/fruit	Cookies/fruit	Cookies/fruit	Cookies/fruit	Cookies/fruit
Breakfast - 4th -10th September 2023							
Milk	Milk	Milk	Oat & Barly Porridge	Milk	Oat & Barly Porridge	Milk + Cornflakes	Milk + Chocos
Whole-Wheat Bread	W/W Breads	W/W Breads	W/W Breads	W/W Breads	W/W Breads	W/W Breads	W/W Breads
Butter /Jam	Mixed Fruit Jam + Butter	Mixed Fruit Jam + Butter	Mixed Fruit Jam + Butter	Mixed Fruit Jam + Butter	Mixed Fruit Jam + Butter	Mixed Fruit Jam + Butter	Honey + Nutella
Egg	Boiled Egg	Cornflakes	Egg Bhurji	Boiled Egg	Boiled Egg	Egg Bhurji	Egg Omelet
Savoury	Chole Kulcha	Puri Sabji	Poha & Chana Curry	Bread Chilla	Vegetable Cutlet + Salad	Vegetable Pancake	Stuffed Paratha+ Pickle+ Dahi
Midday Break At 11.00 AM							
Break	Banana	Apple + Veg Patty	Cookies	Apple	Lemon Drinks	Apple	Papaya

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Salad- Bar-1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Salad Bar
Salad Bar-2	Beetroot & Lettuce	Pine Apple & Lettuce Salad	Corn & Greens Salad	Mixed Sprouts Salad	Mixed Salad	Noodle Salad	Kachumber Salad
Raita/ Plain Curd	Jeera Raita	Boondi Raita	Mint Raita	Cucumber Raita	Greens Raita	Boondi Raita	Dahi
Rice (Sela Rice)	Steamed Sela Rice	Veg Fried Rice	Jeera Rice	Steamed Sela Rice	Masala Rice	Tomato Rice	Steamed Sela Rice
Whole Wheat Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
Pulses / Daal	Daal Makhani	Sabut Moong Mughlai	Daal Fry	Rajmah Masala	Sabut Dal Panchratan	Yellow Daal Fry	Chole Masala
Vegetable- /Paneer	Aloo Palak ki Sabji	Bhindi - Do-Pyaza	Matar Paneer	Roasted Vegetable	Gobi Adraki	Kofta Curry	Jeera Aloo
Bread/Others/Pasta	American Chop-suey	Soya Chilli Capsicum	Herb Bread Roll	Lasagna	Pitta Bread Fal-a-fal Sandwich	Egg Curry	Tandoori Kulcha
Desserts	Orange Souffle	Ice-cream With Brownie	Tiramisu	Cassata	Chocolate Swiss Roll	Assorted Cake	Ice cream
Fruit for Boarders & Extended Day at 3.15 (PM)							
	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal		
Evening Refreshment for Boarders & Extended Day (5.00PM)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Snacks	Aloo Tikki Chat	Chocolate Doughnut	Hot Dog Cutlet	Uttapam	Pizza Roll	Grilled Cheese Sandwich	Moong & Veg Pakora
Juice/Shake	Glucon-D Lemon	Glucon-D-Orange	Fresh Lemon Water	Glucon-D Lemon	Mango Squash	Flavoured Coffee Drink	Iced lemon Tea

Dinner Menu 4th -10th September 2023	
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Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Chapati	Whole Wheat Chapati	Tandoori Naan/Roti	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati/Garlic Bread Toast
Rice	Masala Rice	Steamed / Jeera Rice	Steamed/Garlic Butter Rice	Steamed Rice	Steamed Rice/Sechwan Fried Rice	Steamed Rice	Peas Pulao
Lentil	Dal Fry	Yellow Daal Tarka	Chana Daal Fry	Aloo Matar Sabji	Mixed Dal	Potato & Black Chana	Black Masoor Daal
Chicken /Fish /Mutton/Egg	Chicken Do Piazza	Tandoori Soya Chaap	Fish Finger With Tatar Sauce	Chicken Biryani/Raita	Rara Chicken	Chicken 65	Chicken Korma
Paneer/Tofu/Soya Chap	Aloo Gobi Matar	Paneer Butter Masala	Veg Shami Kebab /Baked Pasta	Vegetable Biryani	Vegetable Manchurian Dry	Paneer 65	Potato & Nutrilla/Sweet Corn Soup
Dessert	Honey nut Pie	Dates Pudding	Eclairs	Mousse	Choco Ball	Caramel Custard	Pine apple Pastry

Night Milk For Boarders After Dinner at 9.10 (PM)	
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Milk/Bournvita/ Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk / Bourn Vita	Milk / Bourn Vita
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We do not use any Food colour, preservative & MSG in food/bread preparation . Hence the appearance & taste may differ.