

### Meal Menu 6th - 12th November 2023

MORNING MILK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	06-11-2023	07-11-2023	08-11-2023	09-11-2023	10-11-2023	11-11-2023	12-11-2023
Milk/Bournvita/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita
Cookies/Rusk	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies	Cookies

### BREAKFAST- 6th - 12th November 2023

Milk	Milk	Milk	Oat & Barly Porridge	Milk	Milk	Milk + Cornflakes	Milk + Cornflakes
Bread	Whole-Wheat Breads	Whole-Wheat Breads	Whole-Wheat Breads	Whole-Wheat Breads	Whole-Wheat Breads	Whole-Wheat Breads	Whole-Wheat Breads
Butter /Cheese	Butter +Mixed Fruit Jam	Butter +Mixed Fruit Jam + Nutella	Butter +Mixed Fruit Jam	Butter +Mixed Fruit Jam	Butter +Mixed Fruit Jam	Butter +Mixed Fruit Jam	Butter +Mixed Fruit Jam
Egg	Boiled Egg	Cornflakes	Boiled Egg	Egg Bhurji	Boiled Egg	Egg Omlet	Boiled Egg
Savoury	Idly Samber	Puri & Sabji	Vada Pao	Breakfast Vermicelli	Suji Upma & Chana Masala +Tomato chtny	Moong Bean Chilla	Stuffed Paratha + Bhaji

### Midday Recess At 11.10 AM

	Apple	Banana	Coconut Cookies	Apple	Banana		
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**Lunch Menu- 6th - 12th November 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	06-11-2023	07-11-2023	08-11-2023	09-11-2023	10-11-2023	11-11-2023	12-11-2023
Salad- 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Salad-2	Ceasser Salad	Mixed Sprouts	Russian Salad	Bean Salad	Greek Salad	Kachumber Salad	Sprouts Salad
Raita/Dahi	Tomato Soup	Mint Raita	Sweet Corn Soup	Boondi Raia	Veg Thick Soup	Onion Raita	Plain Curd
Sela Rice	Steamed Rice	Steamed Rice	Jeera Rice	Steamed Rice	Steamed Rice	Vegetable Pulao	Steamed Rice
Whole Wheat Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
Pulses / Daal	Masoor Makhni	Daal Triveni	Dal Palak	Yellow Dal Tarka	Kadhi Pakora	Dal Fry	Chole Amritsari
Vegetable- /Paneer	Bhindi Masala	Vegetable Korma	Soya Chaap Curry	Aloo Methi Matar	Roasted Vegetable	Aloo Gobi	Jeera Aloo
Pasta /Noodle /Others	Italian Hreb Bread Toast	Hakka Noodle/Garlic Butter Sauce	Mozerella Cheese Pizza	Penne in Arabita Sauce	Italian Bread Roll Sandwich	American Choupsuie	Batura
Desserts	Dates Cake	Fruit Custard	Chocolate Mousse	Pine Apple Souffle	Chocolate Truffle Cake	Butterscotch Cake	Mango Souffle
<b>Fruit for Boarders &amp; Extended Day at 3.15 (PM)</b>							
Fresh Fruit	Guava	Orange	Corn on Cob	Apple	Orange		
<b>Evening Refreshment for Boarders &amp; Extended Day (5.00PM)</b>							
Snacks	Burger Cutlet	Grilled Cheese Sandwich	Vegetable Pancake	Tikki Papri Chat	Vegetable Patty	Chocolate Pan Cake	Assorted Pakora Chat
Juice/Shake	Fresh Lemon Water	Glucon-D Orange	Barley Lemon water	Squash	Iced Lemon Tea	Glucon-D Lemon	Flavoured Milk

### Dinner Menu- 6th - 12th November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	06-11-2023	07-11-2023	08-11-2023	09-11-2023	10-11-2023	11-11-2023	12-11-2023
Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Roti	Whole Wheat Roti	Tandoori Roti Naan/Paratha	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti	Whole Wheat Roti
Rice	Steamed Rice	Jeera Rice	Vegetable Biryani	Steamed / Masala Rice	Steamed /Veg fried Rice	Jeera Rice	Steamed/Egg Fried Rice
Lentil	Dal Fry	Dal Makhni	Boondi Raita	Daal Fry	Moong Dal Fry	Yellow Dal Tarka	Mixed Daal
Chicken /Fish /Mutton/Egg	Bhuna Chicken	Aloo Jeera	Chicken Biryani	Fish Fry	Chilli Chicken	Chicken Curry	Chicken Fry
Paneer/Tofu/ Soya Chap	Matar Mushroom	Paneer Methi Malai	Kundru Masala	Kadhai Paneer	Crispy Chilli Vegetable	Matar Paneer	Paneer Jalfrazi
Dessert	Chocolate Tart	Butter Scotch Cake	Strawberry Swiss Roll	Black forest Gateau	Caramel Custard	Ice-cream + Brownie	Assorted Pastry
<b>Night Milk For Boarders After Dinner at 9.10 (PM)</b>							
Milk/Bournvita/ Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk /Horlicks	Milk / Bourn Vita	Milk / Bourn Vita

**We do not use any Food colour, preservative,taste enhancer & MSG in food/bakery preparation . Hence the appearance & taste may differ comparing to market product .**