

Meal Menu - 29th January - 4th February 2024

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	29-01-2024	30-01-2024	31-01-2024	01-02-2024	02-02-2024	03-02-2024	04-02-2024
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 Menu - 29th January - 4th February 2024

Milk	Milk	Milk	Milk	Oat & Barly Porridge	Milk	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	Boiled Egg	Egg Bhurji	Boiled Egg	Egg Bhurji	Egg Omelet
Savoury	Vada Samber	Pao Bhaji	Paneer Roll	Poha Upma	Vada Pao	Stuffed Crossaint	Masala Dosa

Midday Break At 11.00 AM

Break	Cookies	Apple	Banana	Kinoo	Banana	Apple	Orange
-------	---------	-------	--------	-------	--------	-------	--------

Lunch Menu- 29th January - 4th February 2024

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	29-01-2024	30-01-2024	31-01-2024	01-02-2024	02-02-2024	03-02-2024	04-02-2024
Salad- Bar-1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Salad Bar
Salad Bar-2	Mixed Sprouts Salad	Greek Salad	Corn & Tofu Salad	Ceasar Salad	3 Bean Salad	Julion Salad	Kachumber Salad
Raita/ Plain Curd	Boondi Raita	Vegetable Thick Soup	Sweet Corn Soup	Tomato Soup	Lemon Corriander Thick Soup	Boondi Raita	Dahi
Rice (Sela Rice)	Steamed Rice	Steamed Rice	Vegetable fried Rice	Steamed Rice	Steamed Rice	Steamed /Peas Pulao	Steamed Sela Rice
Whole Wheat Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
Pulses / Lentil	Moong Masala	Kadhi Pakora	Yellow Daal Tarka	Chole Amritsari	Daal Fry	Dal Makhani	Chole Masala
Vegetable- / Paneer	Cauliflower & Peas	Jeera Aloo	Veg Jalfrazi	Roasted Oriental Vegetable	Palak Paneer	Gobi Adraki	Jeera Aloo
Bread/Others/Pasta	Penne In Arabita Sauce	Pitta Bread & Mint Hammus	Vegetable Manchurian	Foccasia Bread	Garlic Butter Toast	Baked Pasta	Tandoori Kulcha
Desserts	Brownie	Fresh Fruit Custard	Sevian Kheer	Orange Souffle	Dates & Carrot Cake	Assorted Cake	Truffle Fudge
Fruit for Boarders & Extended Day at 3.15 (PM)							
	Corn on Cob	Orange	Apple	Corn on Cob	Orange		
Evening Refreshment for Boarders & Extended Day (5.00PM)							
Snacks	Calzone	Aloo Tikki Chat	Bombay Grilled Sandwich	Bread Chilla	Foot Long Pizza	Maggi Masala	Vegetable Pancake
Juice/Shake	Fresh Lemon Water	Barley Water	Glucon-D Orange	Mango Squash	Lemon Water	Barley Water	Iced lemon Tea

Dinner Menu - 29th January - 4th February 2024

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	29-01-2024	30-01-2024	31-01-2024	01-02-2024	02-02-2024	03-02-2024	04-02-2024
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	Tandoori Naan/Roti	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	Sweet C. Soup & Garlic Toast	Tomato Sorba + Green Chutney	Veg Soup & Soup Stick	Aloo Matar Sabji & Sorba	Mixed Dal & Soup	Potato & Black Chana	Black Masoor Daal
Chicken /Fish /Mutton/Egg	Grilled Fish	Chole Masala	Bhuna Chicken	Chicken Biryani/Raita	Chicken Pepper Salt	Chicken 65	Kadhai Chicken
Paneer/Tofu/Soya Chap	Dum Aloo Kashmiri	Kadhai Paneer	Potato & Nutrilla	Paneer Kalimirch	Vegetable Pepper Salt	Sweet Potato Tempura	Matar Paneer/Tomato Soup
Dessert	Eclairs	Blueberry Cake	Mango Pastry	Chocolate Custard	Apple Pie	Choco Nut Delight	Bread butter Pudding
Night Milk For Boarders After Dinner at 9.10 (PM)							
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 & MSG in food/bread preparation . Hence the appearance & taste may differ comparing to the commercial product