

Meal Menu - 20th - 26th May 2025

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (MUN)	FRIDAY (IPSC)	SATURDAY	SUNDAY
DATE	20-05-2024	21-05-2024	22-05-2024	23-05-2024	24-05-2024	25-05-2024	26-05-2024
Milk/Bournvita/ Horlicks	Milk / Bourn Vita	Milk / Bourn Vita	Milk / Bourn Vita				
Cookies/Rusk	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit	Cookies & Fruit			
BREAKFAST							
Milk	Milk	Milk	Milk	Milk	Milk + Cornflakes	Milk + Chocos	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 /Jam/Nutella	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	Nutella + Butter+ Mixed fruit Jam
Egg	Boiled Egg	Cornflakes	Egg Bhurji	Egg Bhurji	Banana	Apple	Boiled Egg
Savoury	Idly Samber	Dal Parantha & Bhaji	Veg Patty + Suji Upma	Vermicelli Upma	Aloo Paratha + Sabji + Pickle	Pao Bhaji	Poha Upma +Chana curry
Midday Recess At 11.00 AM							
	Apple	Banana	Barley Lemon Drink	Lemon Drink	Lemon Drink	Lemon Drink	Lemon Drink

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Lunch Menu							
				<u>MUN</u>	<u>IPSC</u>		
Salad- 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Salad-2	Mixed Sprouts Salad	Lettuce & Onion Sald	Sprouts Salad				
Raita/Dahi	Boondi Raita	Cucumber Raita	Burhani Raita	Mint Raita	Jeera Raita	Boondi Raita	Raita
Rice (Sela Rice	Masala Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Steamed Sela Rice	Rice	Steamed Sela Rice
Whole Wheat Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
Pulses / Daal	Daal Fry	Masoor Makhni	Rajma Masala	Dal Makhani	Kadhi Pakora	Pindi Chole	Dal Triveni
Vegetable- /Paneer	Bhindi Do Pyaza	Sahi Paneer	Achari Aloo Parmal	Aloo Gobi Matar	Veg & Paneer Jalfrazi	Vegetable Manchurian	Aloo Matar Soya
Pasta /Noodle /Others	Pasta in Tomato Basil Sauce	Pitta Bread Hammus & falafal	Cheese &Herb Bread Roll	Dahi Vada	Pasta In Arabita Sauce	Hakka noodle	Bread Pizza
Desserts	Orange Souffle	Coconut Truffle Cake	Chocolate Mousse	Ice-Cream Cassata	Fresh Fruit Custard	Tiramisu	Ice-Cream
Fruit for Boarders & Extended Day at 3:15PM							
Fresh Fruit	Water Melon	Apple	Mixed Fruit Chat				
Evening Refreshment for Boarders & Extended Day 5:00PM							
Snacks	Maggi Masala	Calzone	Grilled Sandwich	Veg Patty	Paneer Roll	Bombay Grilled Sandwich	Roll
Juice/Shake	Glucon D Orange	Lemon Drink	Mango Sqash	Barley Lemon Drink	Iced Lemon Tea	Lemon Drink	Drinks

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Dinner							
Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Roti	Whole Wheat Roti	Momos + Sauce	Whole Wheat Roti/ Garlic Toast	Whole Wheat Roti	Tandoori Roti Naan/Paratha	Whole Wheat Roti	Whole Wheat Roti
Rice	Rice	Veg Fried Rice	Veg Pulao	Steamed Rice	Rice + Raita	Steamed Rice	Steamed Sela Rice
Lentil	Mixed Dal	Hakka Noodle	Pindi Chole	Daal Fry	Yellow Dal Tarka	Dal Tarka	Dal
Chicken /Fish /Mutton/Egg	Bhuna Chicken	Veg Manchurian	Fish finger With Tartar	Chicken Razella	Butter Chicken	Chicken Curry	Egg Curry
Paneer/Tofu/ Soya Chap	Paneer Korma	Chilli Paneer	Kadhai Paneer	Paneer Do Pyaza	Sahi Paneer	Kadhai Paneer	Veg
Dessert	Eggless Fudge Cake	Gulab Jamun & Ice- cream	Black forest Gateau	Souffle	Brownie + Ice- Cream	Dessert	Pastry
Night Milk For Boarders After Dinner at 9:10PM							
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 in any food/bread preparation . Hence the appearance & taste may differ.							