

Meal Menu- 23th - 29th September 2024

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date	23-09-2024	24-09-2024	25-09-2024	26-09-2024	27-09-2024	28-09-2024	29-09-2024
Milk/Br: vita	Milk/Br: vita	Milk/Br: vita	Milk/Br: vita	Milk/Br: vita	Milk/Br: vita	Milk/Br: vita	Milk / Horlicks
Cookies/Fruit	Cookies/Fruit	Cookies/Fruit	Cookie/Fruit	Cookies/Fruit	Cookies/Fruit		
BREAKFAST							
Milk	Milk	Milk	Oat & Barly Porridge	Milk	Milk	Milk + Chocos	Milk + + Chocos
Wheat Bread	Atta Bread	Atta Bread	Atta Bread	Atta Bread	Atta Bread	Atta Bread	Atta Bread
Butter /Jam	Butter & Fruit jam	Butter & Fruit jam	Butter & Fruit jam	Butter & Fruit jam	Butter & Fruit jam	Butter & Fruit jam	Butter & Fruit jam
Egg	Boiled Egg	Cornflakes	Egg Bhurji	Cornflakes	Boiled Egg	Boiled Egg	Omelet
Savoury	Vegetable Patty	Vada Samber	Rice Vermicelli Upma	Puri Sabji	Grilled Kulcha Sandwich	Stuffed Aloo Parantha ,Dahi & pickle .	Southern Dhosa
Midday Recess At 11.00 AM							
Fruit/Drinks	Apple	Banana	Cookies	Banana	Lemon Drinks	Fruits	Fruits

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LUNCH							
Salad Bar-1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Salad Bar
Salad- 2	Mix Sprout Salad	Greek Salad	Moong Beans Foogath	Corn & Roasted Pineapple Salad	3 Bean Salad	Beetroot Salad	Sprouts Salad
Raita/ Curd	Jeera Raita	Boondi Raita	Mint Raita	Burani Raita	Papad	Boondi Raita	Plain Dahi
Sela Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Peas Pulao	Steamed Rice
Wheat Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
Pulses / Daal	Dal Triveni	Rajma Masala	Dal Fry	Dal Makhani	Kadhi Pakora	Mixed Dal	Chole
Vegetable- /Paneer	Bhindi-Do- Pyaza	Aloo Matar Soya	Malai Kofta Curry	Vegetable & Paneer Jalfrazi	Roasted Tortu Babycorn & Mushroom	Kadhai Vegetable	Jeera Aloo
Pan Asian/ Continental	Penne In Chilli Cheese Sauce	Italian Bread Pizza	Hakka Noodle	Pitta Braed & Hammus	Bread Roll	Egg Curry	Tandoori Kulcha
Desserts	Dates Cake	Fruit Custard	Mango Souffle	Eggless Brownie	Tiramisu	Swiss Roll	Ice - Cream
Fruit for Boarders & Extended Day at 3:15 PM							
Fresh Fruit	Pears	Papaya	Mixed fruit Chat	Apple	Mixed fruit Chat	Seasonal	Seasonal
Evening Refreshment for Boarders & Extended Day 5:00PM							
Snacks	Calzone Pocket	Burger Cutlet	Maggi Masala	Pizza Roll	Poha Pancake	Bread Pakora	Chocolate Pancake
Juice/Shake	Glucon D Orange	Lemon Water	Mango Sqaush	Barley Lemon Drink	Iced Lemon Tea	Barley Lemon Drink	Cold Coffee

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DINNER							
Salad	Green Salad	Green Salad	Green Salad	Green Salad/Raita	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
Rice	Veg/rice	Jeera Rice	Steamed Rice	Steamed Rice	Sizchuan Fr: Rice	Tomato Rice	Steamed
Lentil/Soup	Yellow Dal Tarka	Dal Bukhara	Dhaba Dal Tadka	Chicken Sorba/Vegtble	Dal Fry	Moong Daal	Dal Red Malka
Chicken /Fish /Egg	Bhuna Chicken	Tandoori Vegetable	Mutton Curry	Chicken Biryani	Chicken Butter Masala	Tandoori Chicken	Chicken Curry
Paneer/Tofu Soya Chap	Chilli Corn/Dum Aloo	Afghani Paneer	Soya Chap Masala	Paneer Biryani	Chilli Paneer	Tawa Paneer	Paneer-Do - Pyaza
Dessert	Chocolate Tart	Ice-cream Cassata	Chocolate Fudge	Blackforest Gatue	Eclier	Assorted Pastry	Truffle 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/bakery preparation . Hence the appearance & taste may differ comparing to market product . Any item/items could be replaced by others subject to availability							