

**Week No 1****SCHOOL MENU**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	8-Aug-22	9-Aug-22	10-Aug-22	11-Aug-22	12-Aug-22
<b>LUNCH CONTINENTAL</b>					
<b>SALAD BAR</b>	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Red & Regular Cabbage / Three Beans	Mix Sprouts / Romaine Lettuce	Boiled Corn / Tofu	Iceberg / Mix Sprouts	Mix Lettuce / German Potato Salad
	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island
<b>NON VEG</b>	Cajun Spiced Chicken	Grilled Chicken with Hot Garlic Sauce	Irish Stew (Mutton)	Chicken Picatta	Chicken Burger
<b>VEG1</b>	Cauliflower Mornay	Mac N Cheese	Mash Potato	Spaghetti Aglio	Veg Burger
<b>VEG2</b>	Steamed Veg (Carrote, Green Peas, French Beans)	Steamed Veg ( Baby Corn, Zucchini, Sweet Potato)	Veg Stew	Steamed Veg ( Baby Corn, Green Peas, Sweet Potato)	Potato Wedges
<b>BREAD</b>			Herb Rice (Option with Mutton Stew)		
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Paneer Do Pyaza	Bhindi Home Style	Cabbage Home Style	Cauliflower Peas Home Style	Veg Makhani
<b>VEG2</b>	Rajma Masala	Veg Kofta Curry	Matki Usal	Chole Masala	Bhel & Papdi Chaat
<b>Dal</b>	Dal Methi	Dal Fry	Kadi Pakoda	Plain Dal	Dal Amritsari
<b>RICE</b>	Steam Rice	Plain Pulav	Khichdi/Plain Rice	Jeera Rice	Dhaba Pulav
<b>Roti</b>	Chapati/Tawa Paratha	Phulka	Chapati	Chapati	Phulka
	<b>DESSERTS</b>				
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>DESSERTS</b>	Trifle Pudding	Carrot Muffins	Gulab Jamun	Assorted Doughnuts	Ice Cream
<b>ACCOMPANIMENTS</b>	papad/pickel/raita				