

<b>Week No 1</b>					
<b>SCHOOL MENU</b>					
<b>DAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>DATE</b>	<b>31st October</b>	<b>1st November</b>	<b>2nd November</b>	<b>3rd November</b>	<b>4th November</b>
<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
	Iceberg /Boiled Pasta	Three Beans Salad / Romaine Lettuce	Boiled Corn / Carrot & Raisin Salad	Iceberg / Mix Sprouts	Chef Salad / Tomato & Basil Salad
<b>NON VEG</b>	Chicken Cutlet	Crème Mushroom Chicken	Irish Stew (Mutton)	Chicken Grilled Sandwich	Chicken Burger
<b>VEG1</b>	Lentil Cutlet	Mac N Cheese	Mash Potato	Corn & Cheese Sandwich	Veg Burger
<b>VEG2</b>	Steamed Veg(Beans,Carrote, Cauliflower, Green Peas)	Steamed Veg ( Baby Corn, Zucchini, Sweet Potato)	Veg Stew	Steamed Veg ( Baby Corn, Green Peas, Sweet Potato)	Potato Wedges
<b>BREAD</b>	Bread Slice		Herb Rice (Option with Mutton Stew)		
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Tawa Vegetable	Paneer Pasanda	Cabbage Home Style	Aloo Gobi	Veg Makhani
<b>VEG2</b>	Black Chana Masala	Green Moong Masala	Matki Usal	Chole Masala	Bhel & Papdi Chaat
<b>Dal</b>	Methi Dal	Dal Fry	Kadi Pakoda	Plain Dal	Dal Amritsari
<b>RICE</b>	Steam Rice	Steam Rice	Khichdi/Plain Rice	Steam Rice	Dhaba Pulav
<b>Roti</b>	Chapati	Chapati	Chapati	Chapati	Chapati
<b>DESSERTS</b>					
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>DESSERTS</b>	Banana chocolate chip muffin		Gulab Jamun		Ice Cream
<b>ACCOMPANIMENTS</b>			Papad/Pickle/Raita		

## Week No 2

### SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	7th November	8th November	9th November	10th November	11th November
<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
	Mix Sprout Salad/Bell Pepper	Boiled Corn /Green Garden Salad	Beans Salad /Chef Salad	Mix Sprouts /Iceberg Salad	Mix Pasta /Tofu Salad
<b>NON VEG</b>	Chicken Manchurian	Chicken Pie	Assorted Omelette	Chicken Kathi Roll	Chicken Filo Wrap
<b>VEG1</b>	Veg Manchurian	Vegetable Pie	Pasta (Tomato Sauce)	Tofu Kathi Roll	Veg Filo Wrap
<b>VEG2</b>	Veg Hakka Noodles (Tofu)	Parsley Tossed Potato	Steam Veg ( Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg ( Mushroom, Zucchini, Carrots)	Steamed Veg ( Baby Corn, Green Peas, Sweet Potato)
<b>BREAD</b>	Veg fried Rice		Sliced Bread		
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Gobi Mutter	Avial	Bhindi Homestyle	Mix Veg Homestyle	Ragda Pattice
<b>VEG2</b>	Chawli Masala	Beans Foogath	Malai kofta	HS Masoor Curry	Butter Paneer
<b>Dal</b>	Dal Achari	Sambar	Dal Makhani	Dal Tadka	Dal Fry
<b>RICE</b>	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Veg Dum Biryani
<b>Roti</b>	Chapati	Kerala Paratha	Chapati	Chapati	Chapati
<b>DESSERTS</b>					
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>DESSERTS</b>	Oat Cookies		Vanilla Pastry		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

### Week No 3

#### SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	14th November	15th November	16th November	17th November	18th November
<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 / Tofu Salad	Boiled Corn / Bell Pepper	Chef Salad / Mix Sprout Salad	Iceberg / Aloo Chaat Salad	Tomato & Basil Salad /Green Moong Salad
<b>NON VEG</b>	Chicken Pizza	Assorted Omelets (Cheese,Masala & Mushroom)	Grilled Fish with Lemon butter Sauce	Chicken Tikka Roll	Grilled Chicken with Tomato Sauce
<b>VEG1</b>	Veg Pizza	Veg Pasta with cheese Sauce	Spaghetti Nepolitan(Tofu)	Paneer Tikka Roll	Corn & Spinach Caneloni
<b>VEG2</b>	Steamed Veg ( Baby Corn, Zucchini, Sweet Potato)	Steamed Veg (Sweet potato, Beans, Brocoli, Carrots)	Steamed Veg (Carrot, Green Peas, French Beans)	Steamed Veg ( Baby Corn, Green Peas, Cauliflower)	Tossed Vegetable
<b>BREAD</b>		Bread Slice			
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Aloo Bhindi	Cabbage Homestyle	Gobi Capsicum	Veg Patiyala	Dahi Wada
<b>VEG2</b>	Moong Masala	Chawli Usal	Moong Masala	Chole Masala	Matar Paneer
<b>Dal</b>	Dal Fry	Kadhi Pakoda	Plain Dal	Dal Makhani	Dal Takda
<b>RICE</b>	Steam Rice	Moong Dal Khichadi	Steam Rice	Steam Rice	Veg Dum Biryani
<b>Roti</b>	Chapati	Chapati	Chapati	Chapati	Chapati
	<b>DESSERTS</b>				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Biscuit Cake		Caramel Custard		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

## Week No 4

### SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	21st November	22nd November	23rd November	24th November	25th November
<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
	Iceberg /Boiled Pasta	Boiled Corn/Chef Salad	Chinese cabbage /Tofu Salad	Black & Red Beans / Garden Green Salad	Iceberg / Mushrooms Salad
<b>NON VEG</b>	BBQ Chicken	Chicken Tandoori	Chicken Lasagne	Chicken Sandwich	Chicken Quesadilla
<b>VEG1</b>	BBQ Tofu	Penne Arrabiata (Tofu)	Veg Lasagne	Corn & Cheese Sandwich	Veg Quesadilla
<b>VEG2</b>	Steamed Veg(Beans,Carrote, Cauliflower, Green Peas)	Steamed Veg ( Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg ( Mushroom, Zucchini, Carrots)	Potato Wedges	Corn On The Cob
<b>BREAD</b>					Sour Cream and Salsa (No Coriander)
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Tawa Vegetable	Paneer & Mushroom Bhurji	Mix Veg Homestyle	Bhindi Jaipuri	Pav Bhaji
<b>VEG2</b>	Black Chana Masala	Rajma Masala	Chole Masala	Veg Maratha	Paneer Tikka Masala
<b>Dal</b>	Methi Dal	Dal Lasooni	Dal Tadka	Plain Dal	Dal Fry
<b>RICE</b>	Jeera Rice	Plain Rice	Plain Pulav	Steam Rice	Vegetable Pulav
<b>Roti</b>	Chapati	Phulka	Phulka/Puri	Chapati	Phulka/Pav
	<b>DESSERTS</b>				
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>DESSERTS</b>	Banana chocolate chip muffin		Raisin Cookie		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				