

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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	9th January	10th January	11th January	12th January	13th January
<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 Corn	Three Beans Salad / Bellpepper Salad	Tofu Salad / Carrot & Raisin Salad	Iceberg / Mix Sprouts	Chef Salad / Tomato & Basil Salad
<b>NON VEG</b>	Chicken à la King	Chicken 65	Mutton Cutlet	Chicken Grilled Sandwich	Chicken Burger
<b>VEG1</b>	Veg Ratatouille	5 Spice Veg	Veg Cutlet	Corn & Cheese Sandwich	Veg Burger
<b>VEG2</b>	Saute Veg	Veg Hakka Noodles	Steamed Veg ( Baby Corn, Green Peas, Mushroom)	Boiled Corn	Potato Wedges
<b>BREAD</b>		Veg Fried Rice	Slice Bread		
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Paneer Masala	Tawa Vegetable	Gobi Matar	Bhindi Masala	Paneer Tikka Masala
<b>VEG2</b>	Chole Masala	Green Moong Masala	Veg Kofta Curry	Aloo Tomato Rasedar	Bhel & Papdi Chaat
<b>Dal</b>	Dal Fry	Dal Lasooni	Dal Adraki	Plain Dal	Dal Tadka
<b>RICE</b>	Steam Rice	Steam Rice	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>	Caramel Custard		Banana & Oat Cake		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

## Week No 2

### SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	16th January	17th January	18th January	19th January	20th January
<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	Russian Salad /Tofu Salad
<b>NON VEG</b>	Roast Chicken with Gravy	Chicken Casserole	Spaghetti Bolognese ( Chicken Minced)	Chicken Kathi Roll	Chicken Filo Wrap
<b>VEG1</b>	Corn & Spinach Caneloni	Veg Casserole	Pasta Neapolitan	Tofu Kathi Roll	Veg Filo Wrap
<b>VEG2</b>	Steamed Veg ( Mushroom, Zucchini, Carrots)	Steamed Veg ( Baby Corn, Green Peas, Sweet Potato)	Steam Veg ( Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg ( Mushroom, Zucchini, Carrots)	Steamed Veg ( Baby Corn, Green Peas, Sweet Potato)
<b>BREAD</b>			Sliced Bread		
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Mix Veg Homestyle	Paneer Matar	Bhindi Do Pyaza	Gobi Homestyle	Ragda Pattice
<b>VEG2</b>	HS Masoor Curry	Palak Lasooni	Rajma Masala	Chole Masala	Butter Paneer
<b>Dal</b>	Dal Tadka	Dal Fry	Dal Plain	Dal Makhani	Dal Fry
<b>RICE</b>	Steam Rice	Steam Rice	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	Gajar Halwa		Apple Pie		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

### Week No 3

#### SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	23rd January	24th January	25th January	26th January	27th January
<b>LUNCH CONTINENTAL</b>					
<b>SALAD BAR</b>	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	<b>Holiday</b>	Diced Cucumber, Tomato, Carrots, Beetroot
	Red & Regular Cabbage / Tofu Salad	Boiled Corn / Bell Pepper	Chef Salad / Mix Sprout Salad		Tomato & Basil Salad /Green Moong Salad
<b>NON VEG</b>	Assorted Omelets (Cheese,Masala & Mushroom)	Grilled Fish with Lemon butter Sauce	BBQ Chicken		Chicken Pizza
<b>VEG1</b>	Veg Pasta with Tomato Sauce	Veg Pasta Spaghetti with Tomato Sauce (Tofu)	BBQ Tofu		Margherita Pizza
<b>VEG2</b>	Steamed Veg (Sweet potato, Beans, Brocoli, Carrots)	Steamed Veg (Sweet potato, Beans, Brocoli, Carrots)	Steamed Veg (Carrot, Green Peas, French Beans)		Tossed Vegetable
<b>BREAD</b>	Bread Slice	Bread Slice			
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Aloo Bhindi	Aloo Bhindi	Gobi Capsicum		Dahi Wada
<b>VEG2</b>	Moong Masala	Chawli Usal	Black Chana Masala		Paneer Lababdar
<b>Dal</b>	Dal Fry	Dal Methi	Plain Dal		Dal Takda
<b>RICE</b>	Steam Rice	Plain Rice	Steam Rice		Veg Dum Biryani
<b>Roti</b>	Chapati	Chapati	Chapati		Chapati
	<b>DESSERTS</b>				
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits		Cut fruits
<b>DESSERTS</b>	Malpua		Biscuit Cake		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

<b>Week No 4</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>30th January</b>	<b>31st January</b>	<b>1st February</b>	<b>2nd February</b>	<b>3rd February</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 /Sprouts Salad	Boiled Corn/Chef Salad	Three Beans Salad /Bell Pepper Salad	Green Moong Salad / Garden Green Salad	Iceberg / Mushrooms Salad
<b>NON VEG</b>	Chicken Chili	Grilled Chicken with Tomato Sauce	Chicken Lasagne	Chicken Sandwich	Chicken Calzone
<b>VEG1</b>	Sweet & Sour Veg	Pasta Arrabiata (Tofu)	Veg Lasagne	Corn & Cheese Sandwich	Veg Calzone
<b>VEG2</b>	Stir fry noodles	Steamed Veg ( Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg ( Mushroom, Zucchini, Carrots)	Potato Wedges	Tossed Vegetable
<b>BREAD</b>	Veg Fried Rice				
<b>Indian</b>	<b>LUNCH INDIAN</b>				
<b>Veg1</b>	Veg Jalfrezi	Paneer Bhurji	Veg Patiyala	Hara Bhara Kabab Masala	Pav Bhaji
<b>VEG2</b>	Chole Masala	Rajma Masala	Bhindi Homestyle	White Watana Usal	Paneer Butter 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	Chapati	Phulka/Pav
<b>DESSERTS</b>					
<b>FRUITS</b>	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
<b>DESSERTS</b>	Carrot Muffins		Oat Cookies		Ice Cream
<b>ACCOMPANIMENTS</b>	Papad/Pickle/Raita				

