

Week No 1					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	6th March	7th March	8th March	9th March	10th March
LUNCH CONTINENTAL					
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Holiday	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Tandoori Salad / Toss Salad		Boiled Corn Salad / Tofu Salad	Red & Regular Cabbage Salad / Three Beans Salad	Chef Salad / Tomato & Basil Salad
NON VEG	Tandoori Chicken Masala		Crème Mushroom Chicken	Mutton Sukha Masala	Chicken Quesadilla
VEG1	Creamy Pasta with Vegetables		Veg Au gratin	Sphagetti with Tomato Sauce (tofu)	Veg Quesadilla
VEG2	Boiled Veg		Steamed Veg (Baby Corn, Zucchini, Sweet Potato)	Saute Vegetable	Corn On Cob
BREAD					Sour Cream and Salsa (No Coriander)
Indian	LUNCH INDIAN				
Veg1	Paneer Handi		Mix Veg Jalfrezi	Cabbage Foogath	Paneer Pasanda
VEG2	Pindi Chole		Palak Paneer	Doodhi Kofta Curry	Bhel & Papdi Chaat
Dal	Dal Dhaba		Dal Fry	Dal Adraki	Dal Amritsari
RICE	Veg Dum Biryani		Steam Rice	Steam Rice	Dhaba Pulav
Roti	Chapati / Bature		Chapati	Chapati	Chapati
DESSERTS					
FRUITS	Cut fruits		Cut fruits	Cut fruits	Cut fruits
DESSERTS	Jalebi		Vanilla Cookies		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 2					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	13th March	14th March	15th March	16th March	17th March
LUNCH CONTINENTAL					
SALAD BAR	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/Kites Salad	Boiled Corn /Green Leafy Salad	Beans Salad /Tofu Salad	Mix Sprouts /Iceberg Salad	Chef Salad /Fatoush Salad
NON VEG	Chicken Tikka Masala	Chicken Nuggets	Assorted Omelette	Asian Grilled Chicken	Chicken Pizza
VEG1	Pasta Arrabiata	Vegetable Croquetts	Pasta in Red Sauce	Asian Garlic Noodle (tofu)	Veg Pizza
VEG2	Steamed Veg (Mushroom, Zucchini, Carrots)	Veg Augratin	Steam Veg (Sweet Potato, Beans, Broccoli, Carrots)	Stir Fried Vegetables	Steamed Veg (Baby Corn, Green Peas, Sweet Potato)
BREAD			Sliced Bread		
Indian	LUNCH INDIAN				
Veg1	Mushroom Mutter	Avial	Bhindi Homestyle	Mix Veg Homestyle	Ragda Pattice
VEG2	Veg Kofta Curry	Beans Foogath	Pindi Chole	HS Masoor Curry	Paneer Tikka Masala
Dal	Dal Achari	Veg Kurma	Dal Makhani	Dal Tadka	Dal Fry
RICE	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Veg Dum Biryani
Roti	Chapati	Kerala Paratha	Chapati	Chapati	Chapati
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Apple Pie		Trifle Pudding		Ice Cream
ACCOMPANIMENTS			Papad/Pickle/Raita		

Week No 3

SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	20th March	21st March	22nd March	23rd March	24th March
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Holiday	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Red & Regular Cabbage / Tofu Salad	Boiled Corn / Bell Pepper		Iceberg / Ribbon Salad	Tomato & Basil Salad / Green Moong Salad
NON VEG	Grilled Chicken with Brown Sauce	Pan Seared Fish In Chimichuri Sauce		Garlic & Roast Herb Chicken	Chicken Frankie
VEG1	Corn & Spinach Caneloni	Pasta Primavera		Veg Ratatouille	Veg Frankie
VEG2	Steamed Veg (Baby Corn, Zucchini, Sweet Potato)	Steamed Veg (Sweet potato, Beans, Broccoli, Carrots)		Steamed Veg (Baby Corn, Green Peas, Cauliflower)	Herb Toss veggies
BREAD					
Indian	LUNCH INDIAN				
Veg1	Aloo Bhindi	Veg Kadai		Cabbage Homestyle	Dahi Wada
VEG2	Moong Masala	Chole Masala		Chawli Usal	Paneer Lababdar
Dal	Dal Fry	Dal Masala		Kadhi Pakoda	Dal Takda
RICE	Steam Rice	Steam Rice		Moong Dal Khichadi	Veg Dum Biryani
Roti	Chapati	Chapati		Chapati	Chapati
	DESSERTS				
FRUITS	Cut fruits	Cut fruits		Cut fruits	Cut fruits
DESSERTS	Gajar Halwa				Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 4

SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	27th March	28th March	29th March	30th March	31st March
SALAD BAR	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 /Kimchi Salad	Boiled Corn/Greek Salad	Aloo Papdi Chat Salad /Tofu Salad	Black & Red Beans / Garden Green Salad	Iceberg / Mushrooms Salad
NON VEG	Chicken 65	Chicken Tandoori	Chicken Lasagne	Chicken Sandwich	Chicken Burger
VEG1	Veg 65	Penne Arrabiata (Tofu)	Veg Lasagne	Corn & Cheese Sandwich	Veg Burger
VEG2	Singapoori Noodles	Steamed Veg (Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg (Mushroom, Zucchini, Carrots)	Potato Wedges	Toss Vegetable
BREAD	Sezwan Fried Rice				
Indian	LUNCH INDIAN				
Veg1	Gobi Mutter	Corn & Mushroom Subzi	Mix Veg Homestyle	Aloo Bhindi	Dahi Wada
VEG2	Black Chana Masala	Rajma Masala	Chole Masala	Veg Maratha	Paneer Masala
Dal	Dal Tadka	Dal Lasooni	Dal Tadka	Dal Panchamel	Dal Fry
RICE	Jeera Rice	Plain Rice	Plain Pulav	Steam Rice	Vegetable Pulav
Roti	Chapati	Phulka	Phulka	Chapati	Phulka/Pav
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Langcha		Chocolate Muffins		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				