

Week No 3					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	15th May	16th May	17th May	18th May	19th May
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
	Red & Regular Cabbage / Tofu Salad	Boiled Corn / Russian Salad	Chef Salad / Mix Sprout Salad	Iceberg / German Potato Salad	Tomato & Basil Salad / Green Moong Salad
NON VEG	Assorted Omelets (Cheese, Masala & Mushroom)	Grilled Fish with Lemon butter Sauce	Chicken Tandoori Roll	Chinese Chicken	Chicken Pizza
VEG1	Veg Pasta with Tomato Sauce	Veg Pasta Spaghetti with Tomato Sauce (Tofu)	Tandori Paneer Roll	Hot & Sour veg	Margherita Pizza
VEG2	Steamed Veg (Sweet potato, Beans, Broccoli, Carrots)	Steamed Veg (Carrot, Green Peas, French Beans)	Steamed Veg (Sweet potato, Beans, Broccoli, Carrots)	Stir fry noodles	Tossed Vegetable
BREAD	Bread Slice			Veg Fried Rice	
Indian	LUNCH INDIAN				
Veg1	Aloo Bhindi	Mix Veg	Gobi Capsicum	Veg Jalfrezi	Dahi Wada
VEG2	Moong Masala	Chawli Usal	Black Chana Masala	Chawali Adraki	Paneer Lababdar
Dal	Dal Fry	Dal Methi	Plain Dal	Methi Dal	Dal Takda
RICE	Steam Rice	Plain Rice	Steam Rice	Jeera Rice	Veg Dum Biryani
Roti	Chapati	Chapati	Chapati	Chapati	Chapati
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Swiss Roll		Biscuit Cake		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 4					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	22nd May	23rd May	24th May	25th May	26th May
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
	Iceberg /Sprouts Salad	Boiled Corn/Chef Salad	Three Beans Salad /Bell Pepper Salad	Green Moong Salad / Garden Green Salad	Iceberg / Mushrooms Salad
NON VEG	Chicken à la King	Chicken Sukha Masala	Grilled Fish	Chicken Sandwich	Chicken Calzone
VEG1	Veg Ratatouille	Pasta Alfredo (Tofu)	Veg Lasagne	Corn & Cheese Sandwich	Veg Calzone
VEG2	Sauteed Veg	Steamed Veg (Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg (Mushroom, Zucchini, Carrots)	Potato Wedges	Tossed Vegetable
BREAD		Bread Slice			
Indian	LUNCH INDIAN				
Veg1	Beans Homestyle	Paneer Lababdar	Bhindi Homestyle	Hara Bhara Kabab Masala	Pav Bhaji
VEG2	Chole Masala	Rajma Masala	Doodhi Kofta Curry	White Watana Usal	Paneer Butter Masala
Dal	Dal Fry	Dal Lasooni	Dal Tadka	Plain Dal	Dal Fry
RICE	Steam 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	Assorted Doughnuts		Oat Cookies		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 1					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	29th May	30th May	31st May	1st June	2nd June
LUNCH CONTINENTAL					
SALAD BAR	Diced Cucumber, Tomato, Mix Sprout Salad/Kites Salad	Diced Cucumber, Tomato, Boiled Corn /Green Leafy Salad	Diced Cucumber, Tomato, Aloo Papdi Chat Salad /Tofu	Diced Cucumber, Tomato, Mix Sprouts /Iceberg Salad	Diced Cucumber, Tomato, Carrots, Chef Salad /Fatoush Salad
NON VEG	Roast Chicken	Chicken Picata	Chicken Quiche	Butter Chicken Masala	Chicken Kati Roll
VEG1	Pasta Arrabiata	Baked Vegetables	Veg Quiche	Veg Caponata	Veg Kati Roll
VEG2	Steamed Veg (Mushroom, Zucchini, Carrots)	Steam Veg (Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg (Mushroom, Zucchini, Carrots)	Grilled Vegetables	Steamed Veg (Baby Corn, Green Peas, Sweet Potato)
BREAD					
Indian	LUNCH INDIAN				
Veg1	Mushroom Mutter	Mix Veg Hyderabad	Bhindi Homestyle	Mix Veg Homestyle	Ragda Pattice
VEG2	Veg Kofta Curry	Beans Homestyle	Pindi Chole	HS Masoor Curry	Paneer Tikka Masala
Dal	Dal Achari	Plain Dal	Dal Makhani	Dal Tadka	Dal Fry
RICE	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Veg Dum Biryani
Roti	Chapati	Chapati	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 2					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	5th June	6th June	7th June	8th June	9th June
SALAD BAR	Diced Cucumber, Tomato, Iceberg /Kimchi Salad	Diced Cucumber, Tomato, Boiled Corn/Greek Salad	Diced Cucumber, Tomato, Aloo Papdi Chat Salad /Tofu	Diced Cucumber, Tomato, Black & Red Beans / Garden	HOLIDAY
NON VEG	Chicken 65	Grilled Chicken with Tomato Sauce	Grilled Fish	Chicken Pizza	
VEG1	Veg 65	Corn & Spinach Caneloni	Pasta Alfredo	Veg Pizza	
VEG2	Singapoori Noodles	Steamed Veg (Sweet Potato, Beans, Broccoli, Carrots)	Steamed Veg (Mushroom, Zucchini, Carrots)	Potato Wedges	
BREAD	Sezwan Fried Rice				
Indian	LUNCH INDIAN				
Veg1	Gobi Mutter	Corn & Mushroom Subzi	Mix Veg Homestyle	Paneer Butter Masala	
VEG2	Black Chana Masala	Rajma Masala	Chole Masala	Dahi Vada	
Dal	Dal Tadka	Dal Lasooni	Dal Tadka	Plain Dal	
RICE	Jeera Rice	Plain Rice	Plain Pulav	Veg Biryani	
Roti	Chapati	Phulka	Phulka	Chapati	
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	
DESSERTS	Lancha		Carrot Muffins	Ice Cream	
ACCOMPANIMENTS	Papad/Pickle/Raita				

