

FOR Younger kids (Pre KG-Grade 2): Same dal and curry as older kids with no spice, grated salad, less to no spice, millet curd rice, occasionally colourful roti/puri (Palak,beetroot puree etc.)

Softer rice, small size idli/uttapam/vada once in two weeks with sambar and chutney.

NOTE: SUBJECT TO CHANGE IN CASE OF UNAVAILABILITY OF ITEMS.

MENU FOR SCHOOL					
MEALS	BREAKFAST	MORNING SNACK	LUNCH	EVENING SNACK	DINNER
DAYS	EARLY MORNING MILK WITH BOURNVITA or HORLICKS or BOOST				AFTER DINNER: NIGHT TIME MILK
WEEK 1					
MONDAY	MASALA UTTAPPAM + PEANUT CHUTNEY + CARROTS BEANS SAMBAR + SEASONAL FRUIT	WHEAT CHOCOLATE MUFFIN + MIXTURE	TOSSED SALAD + ROTI + RAJMA + TAWA VEGETABLES + RASAM + RICE + CURD RICE + BUTTER MILK + GAJJAR HALWA	MUNGORE + LEMONADE	RICE + ROTI + DAL TADKA + VEGETABLE JALFEREZI + CURD
TUESDAY	THEPLA + CHHOLE KORMA + MOONG SPROUTS	APPLE + OATS COOKIES	CUCUMBER SALAD + ROTI + PALAK DAL + CABBAGE PEAS ALU (Upperi) + RASAM + RICE + CURD RICE + BUTTER MILK	VADA N WHEAT PAV + ORANGE JUICE	VEG MANCHURIAN + SCHEZWAN FRIED RICE + TOMATO RICE + CURD
WEDNESDAY	MIX VEG DALIA UPMA + CHUTNEY + MOONG SPROUTS	BANANA(BIG 1 OR 2 SMALL) OR ORANGE OR GUAVA + BANANA CHIPS	SPROUT SALAD + RICE + GREEN MOONG DAL + AALU JEERA + PALAK ROTI + RASAM + CURD RICE + BUTTER MILK	CUSTARD FRUIT SALAD	WHEAT VEGETABLE PASTA + RICE + SINDHI KADHI + PAPAD + CURD
THURSDAY	PALAK PURI + BLACK CHANNA + MOONG SPROUTS	WHEAT BANANA BREAD SLICE	RUSSIAN SALAD + ROTI + BISIBELE BHAT + RAITA + BHEENDI ALU + KAARA BOONDI + CURD RICE + BUTTER MILK	PANI PURI + BANANA BHAJJI + KETCHUP	ROTI + RICE + RIDGE GOURD ALOO DUM + MASOOR DAL + CURD
FRIDAY	VEG RAVA IDLI + VEG SAMBAR + COCONUT CHUTNEY + SEASONAL FRUIT	CHANNA SUNDAL	KIMCHI SALAD + ROTI + JEERA PULAO + PANEER BUTTER MASALA + DAL FRY + CURD RICE + BUTTER MILK	CHEESE TOMATO SANDWICH + FRESH FRUIT JUICE	PAKORA KADHI + SPLIT MOONG KHICHADI + PAPAD + CURD
SATURDAY	WHEAT PAAV + BHAJJI + MOONG SPROUTS	SAMOSA	PASTA SALAD + RICE + ROTI + LAUKI CHANNA (SABJI) + RASAM + TOMATO RICE + RAITA + BUTTER MILK	BREAD PAKORA + BANANA MILK SHAKE	HAKKA NOODLES + CHILI PANEER + DAL PANCHRATAN + RICE + PAPAD + CURD
SUNDAY	CEREAL + MILK + WHEAT BREAD TOAST + PEANUT BUTTER OR HUMMUS + JAM + BUTTER PONGAL + SAMBAR	SEASONAL FRUIT	COLESLAW SALAD + TANDOORI ROTI + RICE + CURD + PANEER TIKKA MASLA + RASAM + BUTTER MILK	VEG PUFF + VANILA MILKSHAKE	PAV BHAJJI + VEG PULAO + RAITA
WEEK 2					
MONDAY	IDLI + CHUTNEY + VEGETABLE SAMBAR + MOONG SPROUTS	BOILED MASALA PEANUTS	TOSSED SALAD + RICE + ROTI + DAL MAKHNI + ALOO METHI CAPSICUM + CURD RICE + BUTTER MILK + JALEBI	COOKIES + ONION PAKODA WITH KETCHUP	SWEET CORN VEG SOUP + PENNE MARINARA + VEG PULAO + RAITA
TUESDAY	SEVIYAN UPMA + COCONUT CHUTNEY + CHANNA SUNDAL	MYSORE BONDA	CUCUMBER SALAD + RICE + ROTI + BHAGARA BAINGAN + YELLOW MOONG DAL + CURD RICE + BUTTER MILK	DAL VADA + CHOCOLATE MILKSHAKE	MEXICAN FRIED RICE + CHILI BABY CORN SEMI GRAVY + PALAK DAL + RICE + PEANUT CHUTNEY (DRY)
WEDNESDAY	PALAK POORI + CHAWALI MASALA + MOONG SPROUTS	WHEAT BREAD BUTTER JAM SANDWICH	SPROUT SALAD + ROTI + RICE + KASHMIRI ALOO + DAL PALAK + CURD RICE + BUTTER MILK	PAPDI CHAAT+ LEMONADE	PAKORA KADHI + SPLIT MOONG KHICHADI + PAPAD + CURD
THURSDAY	MIX VEG DALIA UPMA + SAMBAR + SEASONAL FRUIT	BANANA BREAD SLICE + RIBBON PAKODA	RUSSIAN SALAD + RICE + ROTI + BEANS CARROT ALU PORIYAL + TRIMURTHI DAL + RASAM + CURD RICE + BUTTER MILK	MIXED FRUIT CHAAT + MOCKTAIL JUICE	VEG MANCHURIAN + SCHEZWAN FRIED RICE + BISIBELE BHAT + KAARA BOONDI
FRIDAY	ONION UTTAPPAM + CHUTNEY + SAMBAR + MOONG SPROUTS	FRUIT CAKE + CHIPS	PASTA SALAD + SHAHI PULAO + BURHANI RAITA + MIRCH BAINGAN KA SALAN + RICE + RASAM + BUTTER MILK	BREAD PAKORA + BANANA MILKSHAKE	RICE + ROTI + GREEN MOONG DAL + PANEER BHURJI + CURD
SATURDAY	WHEAT PAAV + BHAJJI + SEASONAL FRUIT	VEGETABLE PUFF	KIMCHI SALAD + RICE + ROTI + TOMATO PAPPU + ALU GOBHI MASALA + RASAM + CURD + BUTTER MILK	BANANA BREAD WITH FRUIT CAKE SLICE	SCHEZWAN NOODLES + CHILI POTATO IN SEMI GRAVY + RICE + METHI DAL + FRYUMS
SUNDAY	CEREAL + MILK + WHEAT BREAD TOAST + PEANUT BUTTER OR HUMMUS + JAM + BUTTER PONGAL + SAMBAR	VANILA PASTRY + MIXED FRUIT CHAAT	COLESLAW SALAD + RICE + ROTI + GARLIC BUTTER NAAN + BHINDI FRY + PHINDI CHOLE + RASAM + CURD	VEGETABLE PUFF + MILKSHAKE	VEG PIZZA + RICE + MIXED DAL TADKA

WEEK 3					
MONDAY	POORI + BLACK CHANNA MASALA + SEASONAL FRUIT	BUTTER CHUTNEY SANDWICH	TOSSED SALAD + ROTI + RICE+ TOMATO RICE + RAITA + MIX VEG + CURD RICE + BUTTER MILK + MOONG DAL HALWA	CHOCOLATE PASTRY + ORANGE JUICE	WHEAT PASTA WITH WHITE SAUCE + WHEAT GARLIC BREAD + LEMON RICE + CURD
TUESDAY	DHOKLA + GREEN CHUTNEY + MOONG SPROUTS	APPLE or GRAPES or BANANA or ORANGE + MIXTURE	CUCUMBER SALAD + ROTI + RICE + VANGIBHATH + ALOO KORMA + RASAM + CURD RICE + BUTTER MILK	FRUIT CHAAT + HOT CHOCOLATE	PAV BHAJI + VANGI BHAT + RAITA
WEDNESDAY	IDLY + SAMBAR + CHUTNEY + MOONG SPROUTS	RICE BRAN COOKIES + CHIPS	SPROUT SALAD + ROTI + RICE + PANCHRATAN DAL + BHINDI DO PYAZA + CURD RICE + BUTTER MILK	VEG PUFF + VANILA MILKSHAKE	PUDINA RICE + RAITA + ALU DUM + ROTI + CURD + LAHSUNI DAL
THURSDAY	WHEAT PAAV + BHAJI + SEASONAL FRUIT	BANANA or ORANGE or GUAVA + MASALA PEANUTS	RUSSIAN SALAD + PULIHORA + LAUKI CHANNA + CURD RICE +ROTI + BUTTER MILK	BHEL + LEMONADE	VEG MANCHURIAN + SCHEZWAN FRIED RICE + MASALA BHAT + CUCMBER RAITA
FRIDAY	MIX VEG DALIA UPMA + SAMBAR + SEASONAL FRUIT	CHOCOLATE MUFFIN	KIMCHI SALAD + RICE + ROTI + DAL FRY + PANEER LABABDAR + CURD RICE + BUTTER MILK	VADA PAV + GREEN CHUTNEY	MAGGI + TOMATO RICE + CURD
SATURDAY	THEPLA + TOMATO CHUTNEY + SEASONAL FRUIT + MOONG SPROUTS	WHEAT BANANA BREAD SLICE	PASTA SALAD + ROTI + RICE + CHHOLE MASALA + PARWAL ALOO + RASAM + CURD + BUTTER MILK	PASTRY + SEASONAL FRUIT	FRIED RICE + CHILLI POTATO + DAL + RICE + ROTI + GOBHI MATAR ALOO
SUNDAY	CEREAL + MILK + WHEAT BREAD TOAST + PEANUT BUTTER OR HUMMUS + JAM + BUTTER PONGAL + SAMBAR	SAMOSA + LEMONADE	COLESLAW SALAD + ROTI + RICE + TANDOORI ROTI + AALU DUM + RASAM + CURD + BUTTER MILK	OATS CUP CAKE + VANILA MILK SHAKE	BISIBELEBATH + RAITA + KARA BOONDI
WEEK 4					
MONDAY	IDLY + SAMBAR + CHUTNEY + SEASONAL FRUIT	TEA CAKE + MURMURA PEANUTS	TOSSED SALAD + ROTI + RICE + JEERA RICE + TOMATO DAL + DONDEKAI ALOO + RASAM + CURD RICE + BUTTER MILK	ONION PAKORA + LEMONADE	BAGARA BAINGAN + DAL TADKA + RICE + ROTI + CURD
TUESDAY	MIX VEG SEVIYAN UPMA + COCONUT CHUTNEY + MOONG SPROUTS	APPLE or ORANGE or GUAVA + POTATO CHIPS	CUCUMBER SALAD + ROTI + RICE + SOYA BEAN VEGETABLE SABJI + TADKA DAL + CURD RICE + BUTTER MILK	OATS COOKIES + CHOCOLATE MILKSHAKE	METHI PHULKA + TOMATO CHUTNEY + PEAS PULAV + DAL + CURD
WEDNESDAY	METHI PURI + CHOLE MASALA + SEASONAL FRUIT	BESAN LADDOO + APPLE	SPROUT SALAD + ROTI + RICE + AMARANTHUS DAL + BEANS PORIYAL + RASAM + CURD RICE + BUTTER MILK	MYSORE BONDA + CHUTNEY	ROTI + RICE + ALOO DUM + GREEN MOONG DAL + CURD
THURSDAY	SET DOSA + SAMBAR + CHUTNEY + MOONG SPROUTS	BANANA or APPLE + MIXTURE	RUSSIAN SALAD + ROTI + RICE + BHINDI ALOO + RAJMA MASALA + RASAM + CURD RICE + BUTTER MILK	BHEL PURI WITH POTATO AND SPROUTS + LASSI	WHEAT PENNE WITH RED SAUCE + WHEAT GARLIC BREAD + CURD RICE
FRIDAY	DHOKLA + MYSORE BONDA + GREEN CHUTNEY + SEASONAL FRUIT	MASALA PEANUTS (salt & turmeric)	PANEER BIRYANI + VEGETABLE RAITA + CURD RICE + BUTTER MILK	KACHORI + FRUIT PUNCH	VEG MANCHURIAN + SCHEZWAN FRIED RICE + MASALA BHAT + CUCMBER RAITA
SATURDAY	IDLY + SAMBAR + CHUTNEY + MOONG SPROUTS	PEANUT BUTTER SANDWICH	PASTA SALAD + CHHOLE MASALA + JEERA RICE + RASAM + CURD + BUTTER MILK	MIXED FRUIT CHAAT	HAKKA NOODLES + CHILLI PANEER + RICE + DAL + PAPAD + CURD
SUNDAY	CEREAL + MILK + BREAD TOAST + PEANUT BUTTER OR HUMMUS + JAM + BUTTER PONGAL + SAMBAR	CHOCOLATE PASTRY	COLESLAW SALAD + ROTI + RICE + KADAI PANEER + NAVRATAN DAL + RASAM + BUTTER MILK	SAMOSA + HOT CHOCOLATE	WHEAT BASE PIZZA <u>OR</u> MEXICAN RICE + QUESUEDILLAS + CURD RICE

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