



## WEEKLY MEAL PLAN

**JANUARY 15<sup>th</sup>, 2018–JANUARY 19<sup>th</sup>, 2018**



DATE	DAY	BREAKFAST PRE~ NURSERY~ KG
15.01.18	MONDAY	CURRY ALOO + POORI + SOOJI HALWA
16.01.18	TUESDAY	VEG KATHI ROLL + MINT CHUTNEY
17.01.18	WEDNESDAY	VEG PASTA + CORN SOUP
18.01.18	THURSDAY	BROWN BREAD BUTTER + ALOO TIKKI + TOMATO CHUTNEY
19.01.18	FRIDAY	BLACK CHICKPEAS + PARATHA



## WEEKLY MEAL PLAN

**JANUARY 15<sup>th</sup>, 2018–JANUARY 19<sup>th</sup>, 2018**



DATE	DAY	LUNCH Grades I - IX
15.01.18	MONDAY	ANDHRA DAL +MATARPANEER + JEERA RICE +ROTI + TOMATO SOUP + CURD + RICE KHEER
16.01.18	TUESDAY	CHOLA+ VEG KORMA+PEAS PULAO+PARATHA +CURD +SWEET CORN SOUP+ SEVAIN KHEER
17.01.18	WEDNESDAY	MALAI KOFTA+GOBHI MATAR +RICE+ ROTI+ KALA CHANA CHAT+ CURD+ GULAB JAMUN
18.01.18	THURSDAY	DAL PACHRANGA+ METHI GAJAR ALOO+ VEG PULAO +PARATHA + TOMATO SOUP + CURD + GAJARHALWA
19.01.18	FRIDAY	PAV + BHAJI + VEG RAITA + VEG BIRYANI+ RED PASTA+MANCHOW SOUP+ FRUIT CUSTARD