



WEEKLY MEAL PLAN

SEPTEMBER 18th, 2017–SEPTEMBER 22nd, 2017



DATE	DAY	BREAKFAST PRE~ NURSERY~ KG
18.09.17	MONDAY	VEG BIRYANI + RAITA + SALAD
19.09.17	TUESDAY	MIX VEG + PARATHA + BOONDI LADOO
20.09.17	WEDNESDAY	PAO BHAJI
21.09.17	THURSDAY	VEG MASALA IDLI + SAMBHAR + TOMATO CHUTNEY
22.09.17	FRIDAY	VEG MACRONI + FRUIT CUSTARD



WEEKLY MEAL PLAN

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DATE	DAY	LUNCH Grades I - IX
18.09.17	MONDAY	MOONG MASOOR DAL + PALAKPANEER + JEERA RICE + ROTI + SALAD + CURD + SEVAIN KHEER
19.09.17	TUESDAY	RAJMA+ BHINDI KURKURI+RICE+PARATHA +FRYMES +TOMATO SOUP+ RICE KHEER
20.09.17	WEDNESDAY	DALANDHRA TOMATO+GOBHI MATAR +PEAS PULAO + ROTI+ SALAD+ CURD+ GULAB JAMUN
21.09.17	THURSDAY	MALAI KOFTA+ DAL HARYALI + VEG PULAO +PARATHA + KALA CHANA CHAAT + CURD +SUJI BESAN HALWA
22.09.17	FRIDAY	VEG NOODLES + VEG FRIED RICE + VEG MANCHURIAN + RED PASTA +SWEETCORN SOUP + KIMCHI SALAD + FRUIT CUSTARD