



WEEKLY MEAL PLAN

JULY 24th,2017 – JULY 28th,2017



DATE	DAY	BREAKFAST PRE~ NURSERY~ KG
24.07.17	MONDAY	VEG POHA + GREEN CHUTNEY + BOONDI LADOO
25.07.17	TUESDAY	-----
26.07.17	WEDNESDAY	IDLI + SAMBHAR + COCONUT CHUTNEY
27.07.17	THURSDAY	VEG SANDWICH + FRUIT CUSTARD
28.07.17	FRIDAY	ALOO PARANTHA + CURD



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DATE	DAY	LUNCH Grades I - IX
24.07.17	MONDAY	MIX DAL+ PANEER DO PYAZA + PEAS PULAO + ROTI + SALAD + CURD + BESAN BARFI
25.07.17	TUESDAY	RAJMA + VEG TAKATAK + JEERA RICE + PARATHA + SALAD + CURD + RICE KHEER
26.07.17	WEDNESDAY	KARHI PAKORA + ALOO TAMATAR + RICE + PARATHA + PAPAD + CURD + GULAB JAMUN
27.07.17	THURSDAY	DAL ARHAR + ALOO GOBHI ADRAKI + VEG PULAO + ROTI + KALA CHANA SALAD + CURD + RAJASTHANI LADOO
28.07.17	FRIDAY	PATIALA MATAR + KULCHA + VEG BIRYANI + FRYMES + BOONDI RAITA +SALAD + PETHA