



## WEEKLY MEAL PLAN

NOVEMBER 13<sup>th</sup>, 2017–NOVEMBER 17<sup>th</sup>, 2017



DATE	DAY	BREAKFAST PRE~ NURSERY~ KG
13.11.17	MONDAY	VEG BIRYANI + RAITA
14.11.17	TUESDAY	PAV BHAJI + GREEN SALAD
15.11.17	WEDNESDAY	SOYA CHUNKS + METHI PARANTHA
16.11.17	THURSDAY	VEG NOODLES + MUFFINS
17.11.17	FRIDAY	IDLI + SAMBHAR + COCONUT CHUTNEY



## WEEKLY MEAL PLAN

NOVEMBER 13<sup>th</sup>, 2017–NOVEMBER 17<sup>th</sup>, 2017



DATE	DAY	LUNCH Grades I - IX
13.11.17	MONDAY	ARHAR DAL + SHAHIPANEER + JEERA RICE +PARATHA + TOMATO SOUP + CURD + GULAB JAMUN
14.11.17	TUESDAY	DAL MAKHANI + AACHARI ALOO+RICE+ROTI +CURD + CORN SOUP+ SEVAIN KHEER
15.11.17	WEDNESDAY	RAJMA + GAJAR MATAR + VEG PULAO + PARATHA + CLEAR VEG SOUP + CURD + FRUIT CUSTARD
16.11.17	THURSDAY	CHANA DAL+ GOBHI MATAR + JEERA RICE+ROTI + KALA CHANA CHAAT + CURD +RICE KHEER
17.11.17	FRIDAY	ALOO MATARCURRY + KHATTA MEETHA PETHA + PEAS PULAO + POORI + BOONDI RAITA +FRYMES + SUJI BESAN HALWA