



BREAKFAST (Pre- Nursery , Nursery & KG)

Days / Weeks	2 nd March to 6 th March	9 th March to 13 th March	16 th March to 20 th March	23 rd March to 27 th March	30 th March to 31 st March
MONDAY	Stuffed(Aloo)Parantha + Butter+ Curd	Dal Parantha +AlooBhaji	Stuffed(Gobhi)Parantha + Butter+ Curd		
TUESDAY	Idli + Coconut Chutney + Sambhar	VegUttapam + Coconut Chutney + Sambhar	Vada + Coconut Chutney + Sambhar		
WEDNESDAY	Grilled Sandwiches + Tomato Soup	Jam Sandwiches + Veg Cutlet + veg Clear Soup	Veg Vermicilli + Tomato Soup		
THURSDAY	Beetroot Puri + ShahiPaneer + GajarHalwa	AjwainPuri + Chole + SujiBesanHalwa			
FRIDAY	Pasta With Veggies + banana	PavBhaji + Banana			

- Subject to change due to unavoidable reasons.
- As Recommended By :- ISHU JAIN , Clinical Dietitian, MSc in DFSM



LUNCH (Grade I to XII)



Days / Week	2 nd March to 6 th March	9 th March to 13 th March	16 th March to 20 th March	23 rd March to 27 th March	30 th March to 31 st March
MONDAY	PakoraKadhi + Dry AlooMatar. + Roti + Rice + Curd + Salad +SevainKheer (hot)	Kala Chana Gravy + Tawa Veg + Rice + Roti + curd + Corn Salad +SevainKheer (hot)	Arhar Dal +MalaiKofta+ Jeera Rice + Roti + Curd + ChijkpikSalad +SevainKheer (hot)	Dal Makhani+ Palak CornAloo+ Roti + Rice + Kidney Bean Salad + Cucumber Raita + SevainKheer (hot)	
TUESDAY	Panchmel dal + Matarpaneer + vegetable rice + curd + broccoli soup	MoongYellow Dal + PaneerLababdar + Rice + Parantha + Curd + Veg Corn Soup	Dal Fry + KarahiPaneer +Parantha + Rice + Curd+ Clear Veg soup	Urad Chana Dal + ShahiPaneer + Parantha + Rice + Curd + Tomato Soup	
WEDNESDAY	Rajma + AlooGobhi+Rice+ Roti + Curd +Sprout Salad+ Moong dal halwa	PindiChole +AlooGajarMatar+ Roti + Rice + Veg Delight Salad + Curd + GulabJamun	Rajma + AlooCapsicum +Rice+ Roti + Curd+ Salad +GajarHalwa	PindiChole +jeeraaloo+ Roti + Rice + Salad +Curd + Gulabjamun	
THURSDAY	Veg Noodles + Veg Shaslik Rice + Brown Sauce + SesmiPatato	Matar + Kulcha +Veg Kashmiri Pulav + Raita + Fine Chopped Tomato & Onion + Tomato Soup	Pav+Bhaji + Peas and Carrot Pulav + Raita + Veg Soup	Idli + Vada + Sambhar + Lemon Rice+ Coconut Chutney +Tomato Chutney + soup	
FRIDAY	Gate kisabji + UradDhoolidal Tadka+ aromatic spiced rice + roti + White Bean saald + curd + Rice Phirni	Dal Makhani+ Mix. Veg + Parantha + Rice +Curd+ MaxicanSalad +sujibesanhalwa	Ghiya Chana Dal +AchariGobhi + Roti + Rice + Salad + curd + Rice kheer (hot)	AlooMatar Gravy + KhattaMeetha Pumpkin + AjwainPoori +Rice + BoondiRaita +SujiBesanHalwa	

- Subject to change due to unavoidable reasons.
- As Recommended By :- ISHU JAIN , Clinical Dietitian, MSc in DFSM



DAY BOARDING (Evening Snacks)

Snacks



Days / Weeks	2 nd March to 6 th March	9 th March to 13 th March	16 th March to 20 th March	23 rd March to 27 th March	30 th March to 31 st March
MONDAY	Banana pancake + Honey	Banana pancake + Honey	Banana pancake + Honey	Banana pancake + Honey	Banana pancake + Honey
TUESDAY	Veg Vermicilli Bread Butter Jam	Veg Poha + Paneer Croquette	Paneer stuffed kulcha	VadaPav	Pasta With Veggies + Cheese Garlic Bread
WEDNESDAY	Baked AlooKachori +Banana	Baked Samosa + Banana	MiniPizza +Banana	Hara BharaKabab + Banana	
THURSDAY	LobiaChaat + Veg Sandwich	Kala ChanaChaat + Bread Butter Jam	PaneerKathi Roll	CholaChaat + Paneer Sandwich	
FRIDAY	Uttapam + Sambhar + Chutney	Idli + Sambhar + coconut chutney	Vada + Sambhar + Chutney	Idli + Sambhar + coconut chutney	

- Subject to change due to unavoidable reasons.
- As Recommended By :- **ISHU JAIN** , Clinical Dietitian, MSc in DFSM