



SUCHITRA ACADEMY

SCHOOL FOOD MENU



Week 1									
04/11/19 - 09/11/19									
Days	Salads	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday - 04/11	Cucumber salad	Missi Roti	Bisibilli bhaat	Soya Tomato	Capsicum potato fry	Pickle	Plain Curd	papad	Samosa / Banana
Tuesday - 05/11	Onion/tomato salad	Parantha	Steamed Rice	Rajmaa	Dondakai fry	Moong Dal	Raita	Fresh Mango pickle	Pastry
Wednesday - 06/11	Tomato Onion salad	Phulka	Fried Rice	Baihgana Aaloo	Bhindi Masala	Daal Tadka	Boondi Raita	pickle	Muffins
Thursday—07/11	Sprout chat Salad	Phulka	Veg Biryani	Paneer Masala	Lauki chana	Dal Tadka	Plain curd	Gongura Pachdi	Cut fruits
Friday - 08/11	Mix Veg salad	Mini Uttapam	Plain Rice	Coconut Chutney	Onion tomato curry	Veg Sambar	Curd	Kheer-sevian	Spicy Corn
Saturday—09/11	Veg Fruit Salad	Parantha	Steamed Rice	Gatte ki sabji	Aloo 65	Dal makhani	Raita	Tomato pickle	Frankie
Week 2									
11/11/2019- 16/11/2019									
Days	Salads	Bread / Main Dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday—11/11	Boiled Chana salad	Phulka	Lemon Rice	Butter Paneer masala	Bhindi fry	Palak dal	Plain curd	Mixed veg pickle	Kachori
Tuesday - 12/11	Mixed Vegetable Salad	Idli	Plain rice	Coconut Chutney	Cabbage coconut fry	Drumstick Sambar	Boondi curd	Ginger chutney	Osmania biscuits/ Fruit chat
Wednesday - 13/11	Russian Salad	Tawa parantha	Jeera Rice	Malai kofta	Torai Tomato	Khatti dal	Veg Raita	Lemon pickle	Pastry
Thursday - 14/11	Caht pata Salad	Masla paratha	Plain rice	Channa Masala	Baingan onion Fry	Lauki Daal Tadka	Raita	Tomato pickle	Ice Cream
Friday - 15/11	Veg fruit salad	Puri	Fried Rice	Chole	Gobi Capsicum Fry	Dal Makhani	Raita	Gulab Jamun	Jam Bread/Veg Sandwich
Saturday—16/11	Cucumber onion salad	chapathi	Steamed rice	Bagara Aloo	Aaloo Fry	Moong dal	Plain curd	Papad	Cutlets

PEOPLE WHO KNOW HOW TO EAT ARE ALWAYS THE BEST PEOPLE

FOOD ≠ FAT
FOOD = ENERGY
FOOD = LIFE

