

School Food Menu



Week 1	21/10/19 - 26/10/19								
Days	Salads	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday - 21/10	Sweet corn Salad	Missi roti	Plain Rice	Kaala chana	Tomato Onion fry	Palak dal	Onion raita	Gongura pickle	Kachori
Tuesday - 22/10	Onion Tomato Salad	Poori	Lemon Rice	Chole	Aaloo fry	Moong dal	Boondi curd	Mango Pickle	Veg Sandwich
Wednesday - 23/10	Boiled chana salad	Parantha	Plain Rice	Butter Paneer Masala	Cabbage green peas sabzi	Khatti dal	Plain curd	Lemon pickle	Pastry
Thursday - 24/10	Onion Cucumber Salad	Phulka	Jeera rice	Rajma	Baingan onion Fry	Lauki Daal Tadka	Raita	-	Samosa/Banana
Friday - 25/10	Veg fruit salad	Hong Kong noodles	Vegetable Fried Rice	Schezwan sauce	Veg Manchuria	Kaali Dal	Masala curd	Motichoor laddu	Fruit custard
Saturday - 26/10	Sprouts Salad	Methi Paratha	Veg Pulao	Palak Paneer	Bhindi Masala	Saboot Moong Tadka	Plain curd	Mango pickle	Burger
Week 2	28/10/19 - 02/11/19								
Days	Salads	Bread/Main Dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday - 28/10	HOLIDAY Happy Diwali								
Tuesday - 29/10	Onion/tomato salad	Parantha	Steamed Rice	Mix veg kadai	Cluster beans fry	Tomato dal	Boondi raita	Lemon pickle	Sweet Corn
Wednesday - 30/10	Kachumber salad	Paav	Jeera Rice	Bhaaji	Aaloo fry	Palak dal	Veg raita	Curds	Muffins
Thursday - 31/10	Cucumber salad	Idli	Plain Rice	Coconut chutney	Cabbage coconut	Veg Sambar	Boondhi raita	Gognura chutney	Fruit Custard
Friday - 01/11	Tomato Soup	Phulka	Biryani	Paneer butter masala	Capsicum Corn	Daal Fry	Plain Curd	Jalebi	Osmania biscuits/Banana
Saturday - 02/11	Veg fruit salad	Parantha	Jeera rice	Bagara baingan	Potato onion fry	Moong dal	Plain curd	Mango pickle	Bread Jam Sandwich

PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE

FOOD = FAT
FOOD = ENERGY
FOOD = LIFE

