



School Food Menu

Week 1 **22/10/2018 -**
26/10/2018

Days	Salads/soup	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-22/10	Onion Tomato Salad	Missi Roti	jeera rice	paneer butter masala	aloo gobi	dal tadka	Boondi Raita	mango pickle	Veg Cutlet/ Banana
Tuesday-23/10	Fruit Veg Salad	Chapathi	biryani	Veg Korma	bhindi fry	Moong Dal Fry	Raita	Lemon Pickle	Burger
Wednesday-24/10	Onion Cucumber Salad	Chapathi	Plain rice	Aaloo Dum	Bean/Carrot Fry	Dal makhani	Plain curd	Papad	Cut fruits/osmania biscuits
Thursday-25/10	Onion/ Lemon Salad	Pav	Plain rice	Bhaji	Baingan Aloo Fry	Toor Daal lasun	Plain curd	Lemon Pickle	BB chutney Butter sandwich
Friday-26/10	Onion Tomato Salad	Puri	Plain rice	Chole	Baby Corn Sabzi	Dal Tadka	Raita	motichur laddoo	Veg Poha/ Banana

Week 2 **29/10/2018 -**
02/11/2018

Days	Salad/soup	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-29/10	Veg Fruit Salad	Phulka	Plain Rice	Gatte ki sabzi	Donda fry	Dal Tomato	Raita	Ice Cream	Samosa/ Banana
Tuesday-30/10	Corn coriander soup	Veg Fried Noodles	Veg Fried Rice	Sweet and Sour Veg	Veg Manchurian	Dal Tadka	Raita	Butter Milk	Fruit Custard
Wednesday-31/10	Tomato Soup	Aloo paratha	Lemon rice	Rajma	Torai tomat dry	Kaali dal	Plain curd	Mango pickle	Cut Fruits
Thursday-1/11	Mixed Green Salad	Idly	Plain rice	Coconut Chutney	Cabbage Poriyal	Veg. Sambar	Plain curd	Lemon Pickle	Pastry
Friday-2/11	Cucumber Salad	Phulka	Plain rice	Palak paneer	Gobi Capsicum Fry	Dal Fry	Raita	Badushah	Sweet Corn



I WON'T BE IMPRESSED WITH TECHNOLOGY UNTIL I CAN DOWNLOAD FOOD.

FOOD ≠ FAT
FOOD = ENERGY
FOOD = LIFE