



School Food Menu

Week 1 **19/11/2018 -**
23/11/2018

Days	Salads/soup	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-19/11	Veg Fruit Salad	Aloo paratha	Lemon rice	Rajma	Donda Fry	Tomato daal	Plain curd	Mango pickle	Chutney butter sandwich/Jam
Tuesday-20/11	Onion/ Lemon Salad	Chapathi	Plain rice	Aaloo Dum	Bean/Carrot Fry	Dal makhani	Plain curd	-	Dahi Wada
Wednesday-21/11	Cucumber Salad	Phulka	Jeera rice	Bhindi Masala	Aloo gobi	Dal tadka	Boondi Raita	Mango pickle	Cut fruits/ Osmania biscuits
Thursday-22/11	Onion Cucumber Salad	Pav	Plain rice	Bhaji	Baingan Aloo Fry	Yellow Dal	Plain curd	Lemon Pickle	Samosa/ Banana
Friday-23/11	Onion Tomato Salad	Phulka	Plain rice	palak paneer	Gobi Capsicum Fry	Dal Fry	Raita	Badushah	Burger

Week 2 **26/11/2018 -**
30/11/2018

Days	Salad/soup	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-26/11	Sweet Corn Soup	Idly	Veg Pulao	Coconut Chutney	Cabbage Poriyal	Veg. Sambar	Plain curd	Lemon Pickle	Veg Poha
Tuesday-27/11	Onion Cucumber Salad	Veg Fried Noodles	Veg Fied Rice	Sweet and Sour Veg	Veg Manchurian	Dal Tadka	Raita	Butter Milk	Fruit custard
Wednesday-28/11	Carrot/ Cucumber Salad	Puri	Plain Rice	Chole	Aaloo Tomato dry	Tamarind Dal	Plain curd	Ice Cream	Cut Friuts/ Cookies
Thursday-29/11	Onion Tomato Salad	Plain paratha	Matar pulao	Gatte ki sabzi	Donda fry	Dal Tomato	Raita	Mango pickle	Pastries
Friday-30/11	Fruit Veg Salad	Chapathi	Biriyani	Veg Korma	Bhindi fry	Moong Dal Fry	Raita	Motichur laddoo	Kachori/ Banana



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

FOOD ≠ FAT
FOOD = ENERGY
FOOD = LIFE