



SCHOOL MENU



Week 1 14/01/2019 - 18/01/2019

| Days | Salads | Bread/Main dish | Rice | Wet Curry | Dry Curry | Dal | Curd | Special Item | Snacks |
|-----------------|----------------------------|-----------------|------------|---------------|------------------|-----------------|------------|---------------|------------------|
| Monday-14/1 | | | | | | | | | |
| Tuesday-15/01 | Sankranti Vacations | | | | | | | | |
| Wednesday-16/01 | | | | | | | | | |
| Thursday-17/01 | Onion Cucumber Salad | Pav | Plain rice | Bhaji | Baingan Aloo Fry | Dal Sabut Moong | Raita | Papad | Veg Pohe/ Banana |
| Friday-18/01 | Onion cucumber salad | Aloo Paratha | Plain Rice | Muttar Paneer | Bhindi Fry | Dal Tomato | Plain Curd | Sevai Pay-sam | Samosa / Orange |
| Saturday-19/01 | Onion/ Tomato Salad | Puri | Plain Rice | Chole | Baby Corn Sabzi | Aaloo Fry | Raita | Butter Milk | Dahi Wada |

Week 2 21/01/2019 - 25/01/2019

| Days | Salads | Bread/Main dish | Rice | Wet Curry | Dry Curry | Dal | Curd | Special Item | Snacks |
|-----------------|----------------------|-------------------|-------------|----------------------|-----------------|-------------|--------------|--------------|---------------------------|
| Monday-21/01 | Fruit Veg Salad | Missi Roti | Plain Rice | Aaloo Dum | Bean/Carrot Fry | Dal Makhani | Plain Curd | Pickle | Fruit Custard |
| Tuesday-22/01 | Onion Cucumber Salad | Veg Fried Noodles | Fried Rice | Manchow Soup | Veg Manchurian | Khatti Daal | Boondi Raita | None | Pastry |
| Wednesday-23/01 | Mix Green Salad | Chapathi | Veg Biryani | Butter Paneer Masala | Gobi Aaloo | Lobiya | Raita | Lemon Pickle | Chutney / Jam BB Sandwich |
| Thursday-24/01 | Tomato Soup | Muli Paratha | Matar Pulao | Gatte Ki Sabzi | Donda Fry | Rajma | Raita | None | Cut Fruits & Biscuits |
| Friday-25/01 | Rasam | Idly | Plain Rice | Coconut Chutney | Cabbage coconut | Veg Sambar | Plain Curd | Badushah | Sweet Corn |



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

FOOD ≠ FAT
FOOD = ENERGY
FOOD = LIFE