



SCHOOL MENU



Week 1 28/01/2019 - 01/02/2019

Days	Salads	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-28/1	Kaala Chana Salad	Phulka	Plain rice	Punjabi Kadi	Gobi Capsicum Fry	Lauki daal	Plain curd	Butter Milk	Cut Fruits
Tuesday-29/01	Fruit/ Veg Salad	Aloo Paratha	Plain Rice	Rajma	Bhindi Fry	Dal Tomato	Plain Curd	Mango Pickle	Banana / Jam Sandwich
Wednesday-30/01	Onion Cucumber Salad	Pav	Plain rice	Bhaji	Baingan Aloo Fry	Dal Tadka	Raita	Papad	Veg Poha/Banana
Thursday-31/01	Onion / Tomato	Puri	Plain rice	Chole	Aaloo Fry	Dal Fry	Raita	Butter Milk	Samosa/Orange
Friday-01/02	Chatpata Salad	Phulka	Jeera Rice	Paneer Butter Masala	Peas Carrot Fry	Lobiya	Boondi Raita	Badushah	Burger

Week 2 04/02/2019 -08/02/2019

Days	Salads	Bread/Main dish	Rice	Wet Curry	Dry Curry	Dal	Curd	Special Item	Snacks
Monday-04/02	Onion Tomato	Muli Paratha	Matar Pulao	Gatte Ki Sabzi	Donda Fry	Moong Dal Fry	Plain Curd	Fryums	Fruit Custard
Tuesday-05/02	Onion Cucumber Salad	Phulka	Veg Biryani	Aaloo Dum	Baigan Masala	none	Raita	Butter Milk	Cut fruits/Osmania Biscuits
Wednesday-06/02	Fruit Veg Salad	Missi Roti	Plain Rice	Black Chana gravy	Gobi Capsicum fry	Torai daal	Plain Curd	Lemon Pickle	Pastries
Thursday-07/02	Rasam	Idly	Plain Rice	Coconut Chutney	Carrot Bean Poriyal	Veg Sambar	Boondi Raita	Butter Milk	Kachori
Friday-08/02	Sprout Chaat	Chapathi	Jeera Rice	Paalak Paneer	Bhindi Fry	Dal Tadka	Raita	Motichur Ladoo	Chutney /Jam BB Sandwich

PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE



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

FOOD ≠ FAT
FOOD = ENERGY
FOOD = LIFE