



LUNCH, JANUARY- 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9 (X TO XII & TEACHER) SARSOAN SAAG, CHANA DAAL PARANTHA RICE SALAD GUD	10 (X TO XII & TEACHER) RAJMA MASALA JAKHMI ALOO, ROTI, RICE GREEN SALAD CUCUMBER RAITA	11 (X TO XII & TEACHER) UTTHAPAM SAMBHAR, COCOCUNUT CHUTNEY, TOMATO RICE, CHANA SALAD, KESHARI RAWA	12
14 TOMATO SOUP BURGER HONEY CHILLI POTATO VEG BIRYANI RAITA	15 KADHI PAKODA, METHI ALOO, ROTI, RICE, GREEN SALAD, GUD CHIKKI	16 TOOR DAL, PALAK CORN, ROTI, RICE, GREEN SALAD FRUIT	17 CHANA URAD DAL, KADHAI PANEER, ROTI, RICE, PAPAYA SALAD	18 VEG SWEET CORN SOUP, VEG.CHOWMEIN VEG. MANCHURIAN, FRIED RICE, BROCCOLI SALAD, CHOCO-VANILLA CAKE	19
21 LOBIYA ALOO BEANS ROTI, JEERA RICE SALAD BOONDI RAITA MURMURE LADDOO	22 DAL MAKHANI, MUTTER GAJAR SOYA, ROTI STEAMED RICE, KACHUMAR SALAD,	23 WHOLE WHEAT KULCHA, MATTAR HARA DHANIA, HYDRABADI VEG BIRYANI, GREEN CHATNEY SALAD	24 KASHMIRI RAJMA ALOO GOBHI MASALA, ROTI JEERA RICE SALAD SEWAIN KHEER	25 CHOLEY, TIRANGI POORI, KADDU, VEG BIRYANI, MINT RAITA, KACHUMBAR SALAD, GAJAR KA HALWA	26
28 TOMATO SOUP, PAO BHAJI, VEG BIRYANI, BOONDI RAITA, KACHUMBAR SALAD	29 DHABA STYLE DAL, GOBHI MATAR, ROTI, KASHMIRI PULAO, CHATPATA POTATO SALAD, SEWAIYAN KHEER	30 DAL PRANTHA, DAHI BHALLA WITH SAUNTH, ALOO MATTAR BHAJI, VEG. PULAO, CARROT BETROOT LACHHA SALAD	31 VEG SWEET & SOUR SOUP, VEG RED SAUCE PASTA, BAKED VEGETABLES, GARLIC BREAD, FRIED RICE, CORN SALAD, FRUIT CUSTARD		

Allergy Statement : The food highlighted in blue and green items contains lactose or nuts. Avoid if the child has



Disclaimer: Menu may change according to the availability of the material.