



LUNCH, JULY – 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03 PANNER BURJI, GHIYA KOFTA, RICE, ROTI, GREEN SALAD, FRUIT	04 DAL PANCHARATNA, CAPSICUM ALOO, RICE, ROTI, KACHUMBAR SALAD, SWEET LASSI	05 KADHI PAKORA, BHINDI MASALA, RICE, ROTI, GREEN SALAD, ROOHAFZA	06
08 IDLY, SAMBHAR, UTTAPUM, STEAMED RICE, COCONUT CHUNTNEY, SPROUT SALAD, PINEAPPLE HALWA	09 RAJMA, TINDA MASALA, RICE, ROTI, GREEN SALAD, LEMONADE	10 PANNER WRAP, TOMATO SOYA RICE, PAPAYA SALAD, MINT RAITA FRUIT	11 KATHAL MASALA, DAL TADHKA, RICE ROTI, MIX SALAD, SWEET LASSI	12 HARI MOONG DAL, KADHAI PANEER, RICE, ROTI, GREEN SALAD, SWEET BOONDI	13
15 VEG CHOWIMEIN SWEET & SOUR VEGETABLES, ONION GARLIC BREAD, CORN SALAD, MANGO VERRNIES	16 MOONG MASOOR DAL, KADHAI PANEER, RICE, ROTI, GREEN SALAD, AAM PANA	17 DAL PARATHA, ALOO MATAR BHAJI, NUTRI PULAO, PAPAYA SALAD, BOODI RAITA	18 CHOLEY, KULCHE, PULAO, RAITA, KACHUMBAR SALAD	19 GHIYA CHANA DAL, FALI ALOO MASALA, ROTI, RICE, GREEN SALAD, SWEET LASSI	20
22 VEG. FRIED RICE, CHILLY PANEER IN GRAVY, HAKKA NOODLES, BROCCOLI SALAD, CHOCO MUFFINS	23 KALA CHANA RASEDAR, MASALA TORI, ROTI, RICE, POTATO SALAD, CHACH	24 PAO BHAJI, VEG BIRYANI, BOONDI RAITA, GREEN SALAD	25 KADHI PAKORA, KARELA ALOO, RICE, ROTI, KACHUMBAR SALAD, MINT LEMONADE	26 DAL TADKA, ARVI MASALA, RICE, ROTI CUCUMBER RAITA, GREEN SALAD	27
29 IDLY, VADA, SAMBHAR, LEMON RICE, COCONUT CHUNTNEY, CHANA SALAD, FRUIT	30 CHOLEY, POORI, ALOO DUM, VEG. PULAO, KACHUMBAR SALAD	31 VEG. RED SAUCE PASTA, FOCASIA BREAD, FRIED RICE, CORN SALAD, LEMONADE			

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.