



## LUNCH, SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 SHAHI PANEER, DAAL MAKHANI, ROTI, RICE, GREEN SALAD, GHIYA RAITA	3 KALA CHANA RASEDAAR, TORI MASALA, ROTI, GREEN SALAD, RICE, CHAACH	4 PANEER STUFFED DAL CHEELA, GREEN CHUTNEY, ALOO RASEDAR, VEG PULAO, MIX RAITA, PAPAYA SALAD	5 TEACHERS DAY	6 HAKA NOODLES, VEG. FRIED RICE, VEG. MUNCHURIAN, CORN SALAD, FRUIT CUSTARD	7 SATURDAY
9 KADHI PAKORA, MIXED VEG, ROTI, RICE, MOONG SPROUTS SALAD, FRUIT	10 SAFED MATAR, WHEAT KULCHA, GREEN SALAD, VEG BIRYANI, DAL PAKORI RAITA BESAN LADOO	11 MALAI KOFTA, WHOLE MASOOR, CUCUMBER- BEETROOT SALAD, ROTI, RICE, FRUIT	12 IDLI, UTTAPAM, LEMON RICE, COCONUT CHUTNEY SAMBHAR, GREEN SALAD, CHAACH	13 DAL PUNJABI, BHINDI KURKURE ROTI, RICE, GREEN SALAD, MIX RAITA	14 SATURDAY
16 DAL PARANTHA, DAHI BHALLA, SONTH, VEG. PULAO, ALOO MATAR BHAJI GREEN SALAD	17 RED SAUCE PASTA, BAKED VEGETABLES, GARLIC BREAD, VEG FRIED RICE, CORN SALAD, CHOCO VANILLA CUPCAKE	18 RAJMAH, GOURDZILLA, ROTI, RICE, SLICED BEETROOT & CUCUMBER SALAD, LEMONADE	19 DAL TADKA, PANEER KADHAI, ROTI, RICE, CHATPATA POTATO SALAD, FRUIT	20 GHIYA CHANA DAAL, ALOO BEANS, ROTI, RICE, GREEN SALAD, MEETHI BOONDI	21 SATURDAY
23 VADA PAO, BHAJI PAO, CHUTNEY, Chana dal pulao, BOONDI RAITA, GREEN SALAD FRUIT	24 PANCHRATAN DAL, MUTTER PANEER, RICE, ROTI, GREEN SALAD, FRUIT, LEMONADE	25 SAFED PUNJABI CHOLE, POORI, KADDU, ZEERA PULAO, MINT RAITA, GREEN SALAD	26 IDLY, VADA, SAMBHAR, LEMON RICE, COCONUT CHUTNEY, SPROUTS SALAD, PINEAPPLE HALWA	27 RAJMAH MIX VEG, ROTI, RICE, SLICED BEETROOT & CUCUMBER SALAD, ZEERA RAITA	28 SATURDAY
30 ARHAR DAL TADKA, CAPSICUM ALOO, ROTI, RICE, GREEN SALAD, GULAB JAMUN					

**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.