



LUNCH, AUGUST - 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--------------------|
| | | | 1 RAJMA, MIX VEG, ROTI, RICE, MINT RAITA KACHUMBAR SALAD | 2 CHILLI PANEER, FRIED RICE, VEG. CHOWMEIN, CORN SALAD, MUFFIN LEMONADE | 3 SATURDAY |
| 5 SABUT MASOOR DAL ARVI MASALA, ROTI, RICE, KACHUMBAR SALAD, | 6 DAL MAKHANI, PANEER PASANDA, RICE, ROTI, BEETROOT & CUCUMBER SALAD, LEMONADE | 7 KALA CHANA RASEDAAR TORI MASALA, ROTI, RICE, MIX RAITA, GREEN SALAD | 8 IDLI, DAL VADA, LEMON RICE, COCONUT CHUTNEY, SAMBHAR, KESARIA RAVA, GREEN SALAD | 9 TOMATO SOUP BAKED VEGETABLES, PASTA IN RED SAUCE, FRIED RICE, GARLIC BREAD SALAD FRUIT CUSTARD | 10 SATURDAY |
| 12 EID-UL-ZUHA HOLIDAY | 13 DAL TADKA MIX VEG, ROTI, JEERA RICE, GREEN SALAD, SEWAIYAN KHEER | 14 TIRANGI POORI, CHOLEY, KADDU JHOL, TIRANGA PUAO, KACHUMBAR SALAD, BOONDI LADDOO | 15 INDEPENDENCE DAY | 16 KADHI PAKORA, GOURDZILLA MASALA, ROTI, RICE, MOONG SPROUTS SALAD, FRUIT | 17 SATURDAY |
| 19 VEG. CHOWMEIN, VEG. FRIED RICE, VEG. MANCHURIAN, CORN SALAD FRUIT VERRINES | 20 VADA PAO, BHAJI PAO, CHUTNEY, PULAO, BOONDI RAITA, BOILED BLACK CHANA SALAD | 21 MOONG DAL, KURKURE BHINDI, ROTI, RICE, GREEN SALAD, GHIYA RAITA, FRUIT | 22 CHANA -URAD DAL MUTTER MAKHANA, ROTI, RICE, GREEN SALAD GULAB JAMUN | 23 STUFFED PANEER CHEELA, GREEN CHUTNEY, CHANA DAL PULAO, WHITE PAPAYA SALAD, MIX RAITA | 24 SATURDAY |
| 26 SAFED MATAR, WHEAT KULCHA, GREEN SALAD, KESARIA VEG PULAO, PAKORI RAITA | 27 PANCHRATAN DAL, MUTTER PANEER, RICE, ROTI, GREEN SALAD, CHAACH | 28 RAJMA, MIX VEG, ROTI, RICE, KACHUMBAR SALAD, RICE KHEER | 29 ARHAR DAL TADKA, SOYA KEEMA MUTTER MASALA, ROTI, RICE, GREEN SALAD, MIX RAITA | 30 DAL PRANTHA, DAHI BHALLA, SONTH, VEG. PULAO, ALOO MATAR RASEDAAR GREEN SALAD | 31 |

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.