



LUNCH, OCTOBER –2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 KALA CHANA RASEDAAR, TORI MASALA, ROTI, RICE, SPROUT SALAD	2 GANDHI JAYANTI	3 MALAI KOFTA, WHOLE MASOOR DAAL, ROTI , RICE , BEETROOT- CUCUMBER SALAD, LEMONADE	4 GRAVY CHOLE, BEETROOT POORI, ZEERA ALOO, VEG PULAO GREEN SALAD SOOJI HALWA	5 SATURDAY
7 HOLIDAY DUSHAHARA	8 HOLIDAY DUSHAHARA	9 LAUKI KOFTA, ARBI MASALA ROTI, RICE, G.SALAD FRUIT CUSTARD	10 PANEER STUFFED DAL CHEELA, GREEN CHUTNEY, ALOO MATAR RASSEDAAR, ZEERA PULAO, MIX RAITA, PAPAYA SALAD	11 PANCHARATAN DAL, NUTRI CHOP MASALA, RICE, ROTI, CUCUMBER BEETROOT SALAD GULAB JAMUN	12 SATURDAY
14 URAD CHANA DAL, GOURDZILLA, ROTI, RICE GREEN SALAD, FRUIT	15 LOBIYA, GOBHI MATAR ROTI, RICE, BEETROOT CUCUMBER SALAD, ZEERA RAITA	16 DAL TADKA, CAPSICUM PANEER, ROTI, RICE, SALAD, TOMATO SOUP,	17 HOLIDAY KARWACHAUTH	18 VEG CHOW MEIN, FRIED RICE, VEGETABLES IN HOT GARLIC SAUCE (MEDIUM HOT) MIX.SPINACH SALAD CUP CAKE	19 SATURDAY
21 RAJMA, GAJAR MATAR, ROTI, KACHUMBER SALAD, RICE, FRUIT	22 IDLI VADA, SAMBHAR, LEMON RICE, COCONUT CHUTNEY SPROUT SALAD CHAACH	23 SHAHI PANEER, DAL MAKHANI, ROTI, RICE, GHIYA RAITA	24 HOLIDAY DIPAWALI BREAK	25 HOLIDAY DIPAWALI BREAK	26 SATURDAY
28 HOLIDAY DIPAWALI BREAK	29 HOLIDAY DIPAWALI BREAK	30 KADHI PAKORA, MIX VEG, ROTI, RICE, GREEN SALAD FRUIT	31 GREEN MOONG DAL, KADAI PANEER, ROTI, RICE, POTATO SALAD FRUIT,		

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.

