



LUNCH, NOVEMBER -2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DAL TADKA, PALAK ALOO, ROTI, ZEERA RICE, GREEN SALAD, FRUIT	2 HOLIDAY
4 VADA PAO, PAO BHAJI, GREEN CHUTNEY, VEG BIRYANI, CARROT RAITA BOILED CHANA SALAD	5 RAJMA, MIXED VEGETABLE, ROTI, RICE, GREEN SALAD, FRUIT	6 IDLY, VADA SAMBHAR, COCONUT CHUTNEY, LEMON RICE, GREEN SALAD, PINEAPPLE HALWA	7 DAL PARANTHA, DAHI BHALLA, SAUNTH, ALOO MATAR BHAJI, CARROT BEANS PULAO, GREEN SALAD FRUIT	8 PALAK CORN, GOBHI MUTTER, RICE, ROTI, GREEN SALAD, SEWAIYAN KHEER	9 HOLIDAY
11 KALA CHANA RASSEDAR, MIX VEG, ROTI, RICE, GREEN SALAD, MIX RAITA KADHA PRASAD	12 HOLIDAY GURU NANAK JAYANTI	13 DAL MAKHANI, SHAHI PANEER, ROTI, RICE, GREEN SALAD, FRUIT	14 TOMATO SOUP, VEG BURGER, FRIED RICE, VEG MANCHURIAN CORN SALAD, CHOCO VANILLA MUFFIN	15 KADHI PAKODA, ALOO METHI, ROTI, RICE, GREEN SALAD, MEETHI BOONDI	16 HOLIDAY
18 VEG. SOUP WHOLE WHEAT KULCHA, WHITE MUTTER, VEG PULAO, GHEEYA RAITA, GREEN SALAD	19 PALAK POORI, ALOO TOMATO BHAJI, KADDU JHOL, VEG. PULAO, CUCUMBER RAITA, CHICK PEA SALAD	20 IDLY, VADA, SAMBHAR, COCONUT CHUTNEY, LEMON RICE, GREEN SALAD, PINEAPPLE HALWA	21 NUTRI CHOP MASLA, METHI ALOO, ROTI, RICE, POTATO SALAD MIX RAITA	22 TOMATO SHORBA PANEER KATHI ROLL, VEG BIRYANI GREEN CHUTNEY KACHUMBAR SALAD BOONDI RAITA	23 HOLIDAY
25 SWEET CORN SOUP, RED SAUCE PASTA, BAKED VEGETABLES, GARLIC BREAD CORN,CUCUMBER, TOMATO, BROCCOLI SALAD, CARROT CAKE	26 CHANA DAL, CAPSICUM ALOO, ROTI, RICE, KACHUMBAR SALAD, RICE KHEER	27 TOMATO SOUP, STUFFED DAL CHILLA, GREEN CHUTNEY, MIX VEG PULAO, MIX RAITA, GREEN SALAD	28 LOBIA, SARSON SAAG, ROTI, RICE, RADISH CUCUMBER CARROT SALAD, GUD CHIKKI	29 RAJMA, MIXED VEGETABLE, ROTI, RICE, GREEN SALAD, FRUIT	30 HOLIDAY