

Cafeteria Menu (w. e. f. - 01 May 2017)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Morning Cereals (6:50 - 7:10 AM)</i>							
<i>Cereal</i>	Chocolate Milk	Cornflakes + Milk	Porridge	Tea and Rusk	Corn Flakes + Milk	-----	-----
<i>Midday Snacks (10:15 - 10:40 AM)</i>							
<i>Veg.</i>	Grilled Cottage Cheese(Paneer) Sandwich	Vermi Celli/ Macaroni	Aloo Parantha	Footlong	Toast, Jam, butter Scrambled cottage cheese (Paneer)	Bread , Butter, Jam Cutlet	Corn Flakes + Milk Veg Stuffed Toast
<i>Non Veg.</i>	Grilled Egg Sandwich		Egg Parantha	Footlong	Baked Omelette	Bread, Butter, Jam, Boiled Egg	Stuffed Egg Toast
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	-----	-----
<i>Lunch (2:30 - 3:00 PM)</i>							
<i>Bread/Cereal</i>	Rice, Roti	Rice	Rice and Roti	Bhature	Rice, Roti	Roti, Rice	Masala Dosa & Lemon Rice (Pancake)
<i>Lentils/protein</i>	Kadhi Pakoda	Black gram (Kala Chana)	Lentil (Arhar Dal)	Chick Peas Curry (Choley)	Red Kidney beans curry (Rajma)	Potato Curry (Aloo Korma)	Lentil (Sambar)
<i>Greens/Veggie</i>	Se same potato	Masala Okra (Bhindi)	Potato - pointed gourd (परवल), Coriander Chutney	Curd	Aubergine /eggplant (Baingan Bharta)	Pumpkin	-----
<i>Accompaniments</i>	Kuchumber Salad	Peanut Salad	Mix Salad	Onion Salad	Salad	Korean Dish (Veg.)	Chutney
<i>Refreshment (5:00 - 5:30 PM)</i>							
	Lemonade + Cookies	Orange Squash Bhelpuri	Bread Pakora	Squash	Samosa	Banana Shake	French Fries
<i>Dinner (8:30 - 9:00 PM)</i>							
<i>Bread/Cereal</i>	Rice, Roti	Khichdi	Veg noodle, Fried Rice	Rice & Chapati	Chicken Biryani	Rice & Puri (Lutchi)	Rice
<i>Lentils/protein</i>	Lentil (Yellow Dal)	Hash Brown (Potato Mash)	Chilly chicken	Soya Chunk (Paneer) Curry	Veg Biryani	Lentil (Dal Makhni)	Chicken Curry
<i>Greens/Veggie</i>	Bottle guard (Lauki) from school farm	Aubergine fritters (Beigan Fry)	Chilly Paneer	Egg Curry	Curd/Raita	Soya Granule	Cottage Cheese (Paneer) Butter Masala
<i>Accompaniments</i>					Chutney		
<i>Sweet Dish</i>	Kheer	Toffees	Ice Cream/Pastry	Fruit Custard	-	Mangoes	Muraba