

Food Menu

WEEK- 1 & 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																													
		4-Nov	5-Nov	6-Nov	7-Nov	8-Nov																																																																													
		18-Nov	19-Nov	20-Nov	21-Nov	22-Nov																																																																													
BREAKFAST		Fresh seasonal juice Papaya Aloo cheese sandwich	Chocolate milk Banana Wada with sambar and chutney	Fresh seasonal juice Orange Pan cake with maple syrup	Kesar milk Apple Vada pav	Fresh seasonal juice Orange Aloo paratha Curd and pickle																																																																													
	LUNCH	<table border="1"> <tr><td>Dal</td><td>Dal miloni</td></tr> <tr><td>Vegetable</td><td>Methi aloo</td></tr> <tr><td>Continental/Chinese</td><td>Baked penne in cream cheese sauce</td></tr> <tr><td>Rice/ Bread</td><td>Roti, Rice</td></tr> <tr><td>Compound Salad</td><td>Corn and peppers in mustard vinaigrette dressing</td></tr> <tr><td>Salad Bar/Raita</td><td>Kachumber Salad, Curd, Raita</td></tr> <tr><td>Soup</td><td>Cream of vegetable</td></tr> <tr><td>Dessert</td><td></td></tr> <tr><td></td><td></td></tr> </table>	Dal	Dal miloni	Vegetable	Methi aloo	Continental/Chinese	Baked penne in cream cheese sauce	Rice/ Bread	Roti, Rice	Compound Salad	Corn and peppers in mustard vinaigrette dressing	Salad Bar/Raita	Kachumber Salad, Curd, Raita	Soup	Cream of vegetable	Dessert				<table border="1"> <tr><td></td><td>Moong Dal Tadka</td></tr> <tr><td></td><td>Paneer kadhai</td></tr> <tr><td></td><td>Vegetable au gratin</td></tr> <tr><td></td><td>Roti, Rice</td></tr> <tr><td></td><td>Tossed winter greens</td></tr> <tr><td></td><td>Kachumber Salad, Curd, Raita</td></tr> <tr><td></td><td>Roasted garlic clear soup</td></tr> </table>		Moong Dal Tadka		Paneer kadhai		Vegetable au gratin		Roti, Rice		Tossed winter greens		Kachumber Salad, Curd, Raita		Roasted garlic clear soup	<table border="1"> <tr><td></td><td>Kadhi pakoda</td></tr> <tr><td></td><td>Sarson ka saag</td></tr> <tr><td></td><td>Spaghetti arrabiatta</td></tr> <tr><td></td><td>Roti, Makki ki Roti, Rice</td></tr> <tr><td></td><td>Aloo mutter ki chaat</td></tr> <tr><td></td><td>Kachumber Salad, Curd, Raita</td></tr> <tr><td></td><td>Cream of Tomato soup</td></tr> </table>		Kadhi pakoda		Sarson ka saag		Spaghetti arrabiatta		Roti, Makki ki Roti, Rice		Aloo mutter ki chaat		Kachumber Salad, Curd, Raita		Cream of Tomato soup	<table border="1"> <tr><td></td><td>DaL Makhani</td></tr> <tr><td></td><td>Soya chaap masala</td></tr> <tr><td></td><td>Cajun spiced vegetables</td></tr> <tr><td></td><td>Roti, Rice</td></tr> <tr><td></td><td>Butter tossed corn salad</td></tr> <tr><td></td><td>Kachumber Salad, Curd, Raita</td></tr> <tr><td></td><td>Spinach and corn soup</td></tr> </table>		DaL Makhani		Soya chaap masala		Cajun spiced vegetables		Roti, Rice		Butter tossed corn salad		Kachumber Salad, Curd, Raita		Spinach and corn soup	<table border="1"> <tr><td></td><td>Arhar dal tadka</td></tr> <tr><td></td><td>Cottage cheese manchurian</td></tr> <tr><td></td><td>Oriental vegetables in soy ginger sauce</td></tr> <tr><td></td><td>Roti, Noodles</td></tr> <tr><td></td><td>Somtam</td></tr> <tr><td></td><td>Kachumber Salad, Curd, Raita</td></tr> <tr><td></td><td>Vegetable manchow soup</td></tr> <tr><td></td><td>8-Nov-Red velvet pudding</td></tr> <tr><td></td><td>22 Nov- Gulab jamun</td></tr> </table>		Arhar dal tadka		Cottage cheese manchurian		Oriental vegetables in soy ginger sauce		Roti, Noodles		Somtam		Kachumber Salad, Curd, Raita		Vegetable manchow soup		8-Nov-Red velvet pudding	
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WEEK- 2 & 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11-Nov	12-Nov	13-Nov	14-Nov	
		25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
BREAKFAST		Fresh seasonal juice Papaya Mutter kulcha	Chocolate milk Banana Paneer khurchan roll	Fresh seasonal juice Orange Pav Bhaji	Kesar milk Apple Idli with sambar and chutney	Fresh seasonal juice Orange Mix vegetable paratha Curd and pickle
LUNCH	Dal	Rajma rasmissa	Black masoor dal	Dal makhani	Palak ki dal	Moong chilka dal
	Vegetable	Aloo palak	Paneer makhani	Gobhi adraki	Soya keema masala	Sichuan cottage cheese
	Continental/Chinese	Fussili in tomato cream sauce	Pan grilled vegetable	Butter tossed corn and peas	Vegetable lasagna	Kung pao vegetable
	Rice/ Bread	Mint onion pulao, Roti, Breads	Rice, Roti, Breads	Rice, Roti, Breads	Jeera pulao, Roti, Breads	Corn Fried rice, Roti, Breads
	Compound Salad	Grilled carrot and beans salad	Greek salad	Bellpepper and cous cous salad	Tossed green salad	Bhalla papdi chaat
	Salad Bar/Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita	Kachumber Salad, Curd, Raita
	Soup	Roasted bellpepper soup	Vegetable sweet corn soup	Mulligatawny	Minestrone	Vegetable hot and sour soup
	Dessert					29-Nov Moong Dal Halwa
SNACK		Seasional Fruit	Makhana	Seasional Fruit	Cookies	Seasional Fruit