

MENU FOR DECEMBER 2017

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday		11 th	25 th	Besancheela Mixed fruits Flavored milk.	Paneer makhani, Babycorn dry vegetable, Rice, Roti, Salad, Raita, Besanladdu.
Tuesday		12 th	26 th	Sabudanawada with chutney Mixed fruits Juice.	Chole, Bhature, Pulao, Dahibhalla, Salad, Jalebi.
Wednesday		13 th	27 th	Matrakulcha Mixed fruits Lassi.	Mixed Dal Tadka, Aloo gobi dry vegetable, Rice, Roti, Salad, Raita, Milk cake.
Thursday		14 th	28 th	Peas poha Mixed fruits Milk.	Sweet corn soup, Hakka noodles, Fried rice, Mushroom manchurian gravy, Momos, Fruit cream.
Friday	1 st	15 th	29 th	Idlisambhar chutney Mixed fruits Juice.	Palak paneer, Mix dal, Rice, Roti, Salad, Raita, Boondiladdu.

Day	Date (Week 2)	Date (Week 4)	Mid Day Meal	Lunch
Monday	4 th	18 th	Pavbhaji Mixed fruits Milk.	Masala dosa, Wada, Sambhar, Coconut chutney, Lemon rice, Semiyapayasam.
Tuesday	5 th	19 th	Methiparantha with potato curry Mixed fruits Juice.	Malaikofta curry, Aloo gajarmatar dry vegetable, Rice, Roti, Salad, Raita, Balushahi.
Wednesday	6 th	20 th	Grilled sandwich Corn flakes with milk Mixed fruits.	Gatta curry, Mixed vegetables, Pulao, Rotis, Rice, Salad, Malpua.
Thursday	7 th	21 st	Peas puri with potato curry Mixed fruits Juice.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Corn salad, Trifle pudding.
Friday	8 th	22 nd	Breadroll with chutney Mixed Fruits Flavored milk.	Dal Makhani, Potato methidry vegetable, Biryani, Rotis, Salad, Raita, Rasmalai.

For further information contact School Nutritionist Shradha Khandelwal - shraddha@suncityschool.in




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