

MENU FOR FEBRUARY 2018

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday		12 th	26 th	Aloo tikki Mixed fruits Flavored milk.	Sarsonsaag, Dal tadka, Roti, Rice, Salad, Raita, Carrot halwa.
Tuesday		13 th	27 th	Dhokla with moong chanachaar Mixed fruits Juice.	Chole, Bhature, Pulao, Dahibhalla, Salad, Seviyan kheer.
Wednesday		14 th	28 th	Puri aloo Mixed fruits Milk.	Laukichanadal, Aloo gobi dry vegetable, Rice, Roti, Salad, Raita, Shahitukda.
Thursday	1 st	15 th		Peas poha Mixed fruits Milk.	Sweet corn soup, Hakka noodles, Fried rice, Mushroom manchurian gravy, Momos, Fruit cream.
Friday	2 nd	16 th		Uttapam sambhar 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	5 th	19 th	Corn toast sandwich Mixed fruits Milk.	Masala dosa, Wada, Sambhar, Coconut chutney Lemon rice, Moong dal halwa.
Tuesday	6 th	20 th	Plain dosa with coconut chutney Mixed fruits Flavored milk.	Dal makhani, pannerbhurji dry vegetable, Rice, Roti, Salad, Raita, Balushahi.
Wednesday	7 th	21 st	Seviyanupma Mixed fruits Juice.	Gatta curry, Mixed vegetables, Pulao, Rotis, Rice, Salad, Rabdi jalebi.
Thursday	8 th	22 nd	Parantha with aloo curry Mixed fruits Milk.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Corn salad, Trifle pudding.
Friday	9 th	23 rd	Bread pakoda Mixed Fruits Flavored milk.	Soyabean curry, Arbi dry vegetable, Biryani, Rotis, Salad, Raita, Rasmalai.

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




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