

MENU FOR JANUARY 2018

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday	1 st	15 th	29 th	Cutlets with chutney Mixed fruits Milk.	Corn palak curry, Dal Tadka, Vegetable pulao, Roti, Salad, Raita, Sujihalwa
Tuesday	2 nd	16 th	30 th	Moongdalcheela with chutney Mixed fruits Flavored milk.	Soyabean curry, Peas-mushroom dry vegetable, Rice, Roti, Salad, Shahitukda.
Wednesday	3 rd	17 th	31 st	Mixed veg prantha with potato curry Mixed fruits Milk.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Corn salad, Fruit cream.
Thursday	4 th	18 th		Masala idli with coconut chutney Mixed fruits Juice.	Kala chana curry, Aloo pyaaz dry vegetable, Puri, Biryani, Salad, Boondi raita, Gulabjamun.
Friday	5 th	19 th		Upma with chanachaat Mixed fruits Milk.	Kadhipakoda, Carrot peas dry vegetable, Jeera rice, Roti, Salad, Carrot halwa.

Day	Date (Week 2)	Date (Week 4)	Mid-Day Meal	Lunch
Monday	8 th	22 nd	Puribhaji Mixed fruits Milk.	Rajma curry, Paneer bhurji dry vegetable, Rice, Roti, Raita, Salad, Rice kheer.
Tuesday	9 th	23 rd	Pasta Mixed fruits Flavored milk.	Masala dosa, Wada, Sambhar, Coconut chutney Lemon rice, Malpua.
Wednesday	10 th	24 th	Grilled sandwich Mixed fruits Cornflakes with milk.	Mixed dal tadka, Brinjalbharta dry vegetable, Rice, Roti, Salad, Raita, Jalebi.
Thursday	11 th	25 th	Soya kathi roll with chutney Mixed fruits Juice.	Sweet corn soup, Hakka noodles, Fried rice, Manchurian gravy, Momos, Trifle pudding.
Friday	12 th	26 th	Samosa with chutney Mixed Fruits Flavored milk.	Chole, Bhature, Biryani, Dahiwada, Onion salad, Besanladdoo.

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


