

MENU FOR MARCH 2018

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid Day Meal	Lunch
Monday		12 th	26 th	Moondalcheela with chutney Mixed fruits Milk.	Kadhipakoda, Jeera aloo dry vegetable, Peas pulao, Roti, Salad, Malpua.
Tuesday		13 th	27 th	Masala idli with coconut chutney Mixed fruits Flavored milk.	Rajma curry, Aloo methi dry vegetable, Rice, Roti, Salad, Raita, Sujihalwa.
Wednesday		14 th	28 th	Matrakulcha Mixed fruits Lassi.	Masala dosa, Wada-Sambhar, Coconut chutney, Lemon rice, Seviyanpayasam.
Thursday	1 st	15 th	29 th	Aloo parantha with pickle Mixed fruits Milk.	Lobhia curry, Carrot peas dry vegetable, Jeera rice, Roti, Salad, Raita, Motichoorladdu.
Friday	2 nd	16 th	30 th	Tomato pasta Mixed fruits Juice.	Sweet corn soup, Hakka noodles, Fried rice, Mushroom manchurian gravy, Fruit cream.

Day	Date (Week 2)	Date (Week 4)	Mid Day Meal	Lunch
Monday	5 th	19 th	Mixed pakodas with chutney Mixed fruits Milk.	Palak chanadal, Mixed dry vegetable, Rice, Roti, Salad, Raita, Shahitukda.
Tuesday	6 th	20 th	Puri aloo Mixed fruits Flavored milk.	Malaikofta curry, Aloo gobhidry vegetable, Rice, Roti, Salad, Raita, Balushahi.
Wednesday	7 th	21 st	Grilled sandwich Cornflakes with milk Mixed fruits.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Corn salad, Trifle pudding.
Thursday	8 th	22 nd	Samosa with chutney Mixed fruits Juice.	Mixed dal tadka, Bhindi dry vegetable, Rice, Roti, Salad, Raita, Carrot halwa.
Friday	9 th	23 rd	Besancheela with chutney Mixed Fruits Flavored milk.	Chole, Bhature, Biryani, Dahiwada, Salad, Gulabjamun.

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




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