

INDIRA NATIONAL SCHOOL MENU - JULY- 2017

PRIMARY SECTION

DAY	BREAKFAST	LUNCH			
03 MON	Nutrinugget rolls, sauce, banana	Pav	bhaji	Dal rice	Kheer
04 TUE	Aloo Poha, beetroot cake	Cabbage Channa dal	Chappati	Akkha masoor pulao	Raitha
05 WED	Veg dahlia, chocolate cookies	Sev bhaji	Chappati	Veg pulao, dal palak	Beetroot salad
06 THUR	Masala bun, sauce	Achari aloo sukkah	Chappati	Thondlibaath	Bobbies
07 FRI	Veg puff, fruit	Tofu chilli	Hakka noodles,	fried rice	Corn soup
10 MON	Peas Upma, banana	Mutter paneer	chappati	soya pulao	Boondhi raitha
11 TUE	Veg katti roll, coconut cookies	Shaak bhaji	Chappati	Jeera rice, dal tadka	Papdi chaat
12 WED	Onion uttapam, chutney	gatta saag	Beetroot paratha	Masalabaath	Mysore park
13 THUR	Khaman dhokla, imli chutney	Veg khurma	puri	Palak carrot rice	kakdi koshimbir
14 FRI	Samosa, sauce, fruit	Pasta in tomato sauce	butter vegetables	herbed rice	Tomato soup
17 MON	Idli Sambar, banana	Missal	Pav	Rice, dal	Balusha
18 TUE	Orange muffin, masala Upma	Aloo jeera	Chappati	Dal kichidi, kadi	Papad
19 WED	sabudana kichidi, kakdi koshimbir	Chole masala	Puri	Lemon rice	Salad
20 THUR	Cheese slice sandwich, sauce	Cabbage sukkha subj	Chappati	Rice, dal makhani	Chaat salad
21 FRI	Veg cutlet, sauce, fruit	Gobhi manchurian	Hakka noodles	Corn fried rice	kimchi salad
24 MON	Aloo poha, banana	Pav	Bhaji	Moong kichidi	Papad
25 TUE	Veg burger, sauce	gobhi subj	Chappati	tamarind rice	Bobbies
26 WED	Batatawada, sambar	Tawa veg	Chappati	Veg biryani	Mix raitha
27 THUR	Pasta arriabiata, oat cookies	doodhi kofta curry	chappati	Rice, dal fry	Mix salad
28 FRI	Mix bhajia, sauce, fruit	Pasta in tomato sauce	butter vegetables	triple rice (noodle,rice mix)	Fruit custard
31 MON	Veg sandwich, banana	Tofu butter masala	chappati	jeera rice, dal tadka	Gulab jamun

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SECONDARY SECTION

DAY	SNACKS	BRUNCH		
03 MON	Nutrinugget rolls, sauce, banana	Pav	bhaji	Rice kheer, onion salad
04 TUE	Aloo Poha, beetroot cake	Masala idli	Pumpkin sambar	Akkha masoor pulao,
05 WED	Sabudana Kichidi Fruit	Sev bhaji	Chappati	Veg pulao, dal palak
06 THUR	Veg dahlia, chocolate cookies	Achari aloo sukkah	Chappati	Thondlibaath
07 FRI	Veg puff, fruit	Tofu chilli	Hakka noodles,	fried rice
10 MON	Peas Upma, banana	Mutter paneer	chappati	soya pulao, boondhi raitha
11 TUE	Veg Katti roll, coconut cookies	Onion uttapam	chutney	Papdi chaat
12 WED	Idli,coconut chutney, mawa cake	gatta saag	Beetroot paratha	Masalabaath, mysore pak
13 THUR	Khaman dhokla, imli chutney, corn chaat	Veg khurma	puri	Palak carrot rice
14 FRI	Samosa, sauce, fruit	Pasta in tomato sauce	butter vegetables	herbed rice
17 MON	stuffed paratha, green chutney, pickle	Missal	Pav	Balusha
18 TUE	masala Upma, fruit	Meduwada sambar	chutney	Pongal
19 WED	Pasta arriabiata, oat cookies	Chole masala	Puri	Lemon rice
20 THUR	Cheese slice sandwich, sprout Sundal	Cabbage sukkha subji	Chappati	Rice, dal makhani
21 FRI	Veg cutlet, sauce, fruit	Gobhi manchurian	Hakka noodles	Corn fried rice
24 MON	poha, banana	Pav	Bhaji	Moong kichidi
25 TUE	Veg burger, french fries	Rawa idli	doodhi sambar	tamarind rice, jelebi
26 WED	aloo paratha, tomato chutney, pickle	Tawa veg	Chappati	Veg biryani, mix raitha
27 THUR	sabudana kichidi, kakdi koshimbir	doodhi kofta curry	chappati	Rice, dal fry
28 FRI	Mix bhajia, sauce, fruit	Marconi in white sauce	butter vegetables	triple rice (noodle,rice mix)
31 MON	Veg sandwich, Banana	Tofu butter masala	chappati	jeera rice, dal tadka

Note : All bread items will be made with whole wheat as its baked in house.