

PRIMARY SECTION

INDIRA NATIONAL SCHOOL MENU - SEPT -2017

DAY	BREAKFAST	LUNCH			
01 FRI	Chinese samosa, milk cookies, sauce	Pasta in cheese sauce	butter garlic berad	veg soup	custard
04 MON	Rawa idli chutney, sambar	Veg jalfrezi	chappati	Rice, dal Palak	mysore pak
06 WED	Pasta in white sauce, butter vegetables	Aloo palak gravy	carrot paratha	Jeera rice, dal fry	Salad
07 THUR	Veg Mayo sandwich, sauce, banana	Chatpata bhendi	Chappati	rice, moong usal	Sprout salad
08 FRI	Batata Wada, doodhi sambar	Chole	chappati	biryani	Raitha
11 MON	Nutrinugget rolls, sauce, banana	brown Pav	bhaji	Soya pulao	pineapple sheera
12 TUE	Idli, sambar, chutney	Carrot peas dry	Chappati	rice, matki usal	Salad
13 WED	Poha, vanilla cup cake	Veg Kadai	Palak paratha	kichidi, Kadi	Bobbies
14 THUR	Sabudana kichidi, kakdi koshimbir	Aloo mutter Sukha	Chappati	rice, rajma	Papdi chaat
15 FRI	Peas kachori, sauce	Veg manchurian	Hakka noodles,	Tomato Soup	Veg fried rice
18 MON	Veg Upma, banana	palak pitla	chappati	rice,watana usal	salad
19 TUE	Onion uttapam, Chutney	Aloo gawar	Chappati	rice, dal palak	bobbies
20 WED	Pasta In tomato sauce, Butter Vegetables	Doodhi chanadal	Chappati	jeera rice, amti	salad
21 THUR	Khaman dhokla, imali chutney,	green peas masala	Chappati	bisibelebhaat	papad
22 FRI	Samosa, sauce	veg khurma	puri+chappati	rice, dal	Chaat Salad
25 MON	Sabudana kichidi, kakdi koshimbir	Missal	brown Pav	peas pulao	rice kheer
26 TUE	Masala dosa, green chutney	Corn capsicum Subji	Chappati	Kichidi, Kadi	Bobbies
27 WED	Cheese slice sandwich, sprouts Sundal	Shaak bhaji	Palak paratha	rice and dal tadka	Salad
28 THUR	Pasta Alfredo, butter veggies	Dal cabbage	Chappati	jeera rice, rajma	Jelebi
29 FRI	Veg cutlet sauce, fruit	Gobhi manchurian	Hakka noodles	mushroom fried rice	Tomato soup

SECONDARY SECTION

INDIRA NATIONAL SCHOOL MENU - SEPT - 2017

DAY	SNACKS	BRUNCH		
01 FRI	Chinese samosa, papaya, sauce	Pasta in cheese sauce	butter garlic berad	veg soup
04 MON	Moong dal chila, tomato chutney	Rawa idli	chutney	bisibelebaath, mysore pak
06 WED	cheese slice sandwich, sauce, banana	Aloo palak gravy	carrot paratha	Jeera rice
07 THUR	Pasta in white sauce, butter vegetables	Chatpata bhendi	Chappati	rice, moong usal
08 FRI	Batata Wada, chutney	Chole	chappati	biryani, raitha
11 MON	Nutrinugget rolls, sauce	brown Pav	bhaji	pineapple sheera
12 TUE	Idli, chutney, oak cookies	Carrot peas dry	Chappati	rice, matki usal
13 WED	Poha, banana	Veg Kadai	Palak paratha	kichidi
14 THUR	Sabudana kichidi, kakdi koshimbir	Aloo mutter Sukha	Chappati	Papdi chaat
15 FRI	Peas kachori, sauce, watermelon	Veg manchurian	Hakka noodles,	Tomato Soup
18 MON	Veg Upma, banana	palak pitla	chappati	rice,amti
19 TUE	Onion uttapam, Chutney	Aloo gawar	Chappati	rice, dal palak
20 WED	Pasta In tomato sauce, Butter Vegetables	Doodhi channa dal	Chappati	peas pulao
21 THUR	Khaman dhokla, imli chutney	green peas masala	Chappati	bisibelebhaat, papad
22 FRI	meduwada, sambar, pongal	samosa, sauce	chikki	---
25 MON	missal, brown pav, rice kheer	corn chaat	pumpkin muffin	---
26 TUE	sprout poha, banana	onion uttapam	chutney	Kichidi
27 WED	hakka noodles, manchurian	veg puff	sauce	pear
28 THUR	peas upma, coconut cookies	Dal cabbage	Chappati	jeera rice, rajma
29 FRI	pav, bhaji, pineapple sheera	cheese sandwich	sauce	oat cookies

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