

PRIMARY SECTION

INDIRA NATIONAL SCHOOL MENU - JAN 2018

DAY	BREAKFAST	LUNCH			
02 TUE	Aloo Poha, Banana	Cabbage Channa dal	Chappati	Akha masoor pulao, raitha	Sweet pongal
03 WED	Veg sandwich, sauce	Sev bhaji	Chappati	Veg pulao, dal palak	salad
04 THUR	Khaman dhokla, imli chutney	Achari aloo sukkah	Palak paratha	Thondlibaath	Bobbies
05 FRI	Veg puff, fruit	Tofu chilli	Hakka noodles	fried rice	Corn soup
08 MON	Peas Upma, banana	Mutter paneer	chappati	soya pulao	Boondhi raitha
09 TUE	Veg katti roll, Sauce	Suran harbhara subji	Chappati	Jeera rice, dal tadka	Papdi chaat
10 WED	pizza, sauce	gatta saag	chappati	Masalabaath	Mysore park
11 THUR	Idli, Chutney	Veg khurma	puri	Palak carrot rice	kakdi koshimbir
12 FRI	Samosa, sauce, fruit	Bhaji	Pav	Moong kichidi	kadi
15 MON	sabudana kichidi, kakdi koshimbir, fruit	Shak bhaji	Chappati	Jeera rice, dal tadka	bobbies
16 TUE	Cheese slice sandwich, sauce	Aloo jeera	Chappati	rice	samber
17 WED	Mix veg paratha, chutney	Chole masala	Puri	Lemon rice	Salad
18 THUR	Dosa, Bhaji chutney	Cabbage sukkha subji	Chappati	Rice	Dal makhani
19 FRI	Veg cutlet, sauce	Gobhi manchurian	Hakka noodles	Corn fried rice	Fruit custard
22 MON	Veg dalia, fruit	Veg kofta curry	chappati	Rice, dal fry	Mix salad
23 TUE	Nutrinugget roll, sauce	Aloo gobhi subji	Chappati	tamarind rice	Bobbies, jalebi
24 WED	Veg burger, sauce	Tawa veg	Chappati	Veg biryani	Mix raitha
25 THUR	Pasta arriabiata, oat cookies	Doodhi chanadal	Chappati	Jeera rice	mix dal
26 FRI	Moong dal kachori, Chutney	missal	Pav	Bisibelebhaat	Bobbies
29 MON	Peas poha, banana	Tofu butter masala	chappati	jeera rice, dal tadka	Balushahi
30 TUE	Veg hot dog, sauce	Dosa bhaji	chappati	rice, Dal fry	Papad
31 WED	Aloo paratha, tomato chutney	Veg Hyderabad	chappati	rice	Amti
01 THUR	Idli, Chutney	Bharleli wangi	chappati	Pulao, raitha	Papdi chaat
02 FRI	Spinach cheese balls, sauce	Marconi in tomato sauce	butter vegetables	Garlic Bread	Corn soup

SECONDARY SECTION

INDIRA NATIONAL SCHOOL MENU - JAN 2018

DAY	SNACKS	BRUNCH		
02 TUE	Aloo Poha, Banana	Meduwada	Pumpkin sambar	Sweet pongal
03 WED	Veg sandwich, Harbhara sundal	Sev bhaji	Chappati	Veg pulao, dal palak
04 THUR	Khaman dhokla, imli chutney, mawa cake	Achari aloo sukkah	Palak paratha	Thondlibaath
05 FRI	Veg puff, Sauce	Tofu chilli	Hakka noodles	fried rice
08 MON	Peas Upma, Fruit	Mutter paneer	chappati	soya pulao, boondhi raitha
09 TUE	Veg Katti roll, coconut cookies	Onion uttapam	chutney	Papdi chaat
10 WED	pizza, corn chaat	gatta saag	chappati	Masalabaath, mysore pak
11 THUR	Idli, Chutney	Veg khurma	puri	Palak carrot rice
12 FRI	Samosa, sauce	Pav	Bhaji	Moong kichidi
15 MON	sabudana kichidi, Banana	Shak bhaji	chappati	jeera rice, dal tadka
16 TUE	Mix veg paratha, chutney	Meduwada sambar	chutney	Pongal
17 WED	Cheese slice sandwich, sprout Sundal	Chole masala	Puri	Lemon rice
18 THUR	Dosa, bhaji, chutney	Cabbage sukkha subji	chappati	Rice, dal makhani
19 FRI	Veg cutlet, sauce	Gobhi manchurian	Veg Hakka noodles	Corn fried rice, fruit custard
22 MON	Veg dalia, banana	Veg kofta curry	chappati	Jeera rice
23 TUE	Nutrinugget roll, sauce	Rawa idli	doodhi sambar	tamarind rice, jelebi
24 WED	Veg burger, sauce	Tawa veg	Chappati	Veg biryani, mix raitha
25 THUR	Pasta arriabiata, oat cookies	Doodhi chanadal subji	Chappati	jeera rice, mix dal
26 FRI	Moong dal kachori, Chutney	Missal	Pav	Bisibelebhaat
29 MON	Peas poha, banana	Tofu butter masala	chappati	jeera rice, Balushahi
30 TUE	aloo paratha, tomato chutney	Dosa	Bhaji	Chutney
31 WED	Veg hot dog, sauce	Veg hyderabadi	chappati	rice, amti
01 THUR	Idli, Chutney	Bharleli wangi	chappati	Papdi chaat
02 FRI	Spinach cheese balls, sauce	Marconi in tomato sauce	butter vegetables	triple rice (noodle,rice mix)