



## Food Menu (Session 2023-24)

(wef: 26.06.2023)

DAYS	MORNING (06:30- 06:35 a.m.)	BREAKFAST (07:15 – 07:35 a.m.)	SHORT BREAK (10:20 – 10:35 a.m.)	LUNCH (12:20 – 12:50 p.m.)	SNACKS (04:30 – 04:45 p.m.)	DINNER (08:00 – 8:30 p.m.)	NIGHT (10:00 – 10:05 p.m.)
Monday	Fresh Juice	Idli / Uttapam, Sambhar, Nariyal Chutney	Oatmeal	Salad, Dal Makhni, Malai Kofta ,Rice, Chapati, Mix Raita	Bhelpuri	Salad, Dal tadka, Seasonal veg , Rice, Chapati, Plain curd, Gulab Jamun	Warm Plain Milk
Tuesday	Fresh Juice	Poha/ Upma, Green Chutney	Mix Veg. Salad	Salad, Chana Masala, Dal, Jeera Rice, Chapati, Buttermilk	Dahi vada	Salad, Dal Palak, Green veg , Tomato rice, Chapati, Kheer	Warm Plain Milk
Wednesday	Fresh Juice	Cheela, Green Chutney/ Veg Paratha , Curd , Pickle	Banana	Salad, Rajma Masala, Stuffed Bell Pepper, Chapati, Rice, Curd	Pakora (Dal, Mix veg, Paneer)	Salad, Kadhai Paneer, Yellow Dal Tadka, Kheera raita, Lemon rice, Chapati , Rasgulla	Warm Plain Milk
Thursday	Fresh Juice	Masala dosa / Vada, Nariyal chutney, Sambhar	Apple	Salad, Gatta sabzi, Moong Dal, Chapati, Rice, Curd	Corn Chaat	Salad, Veg Manchurian, Fried rice, Curd, Jalebi rabdi	Warm Plain Milk
Friday	Fresh Juice	Oatmeal/ Porridge	Paneer Bowl	Salad, Poori, Aalo Pyaz Sabzi, Boondi Raita, Jeera rice	Veg/Paneer Sandwich	Salad, Veg biryani, Tomato curry , Onion raita, Chapati, Halwa	Warm Plain Milk
Saturday	Fresh Juice	Dhokla and chutney	Boiled Chickpeas	Salad , Kadi Pakoda, Dal, Rice, Chapati, Papad, Curd	Papdi Chaat/ Fruit Chaat	Salad, Veg fried rice, any green vegie, Dal, Chapati, Curd, Brownie	Warm Plain Milk
Sunday	Milk and fruits	Pav Bhaji/ Chole Bhature	Orange	Salad, Mix veg, Black Masoor Dal, Rice, Chapati, Curd	Spring roll / Pasta	Salad, Paneer butter masala, arhar dal, Rice, Chapati, Fruit custard	Warm Plain Milk

**Note: (i)** Short break refreshments and Lunch will be provided to the Day Scholars daily from the School Mess. They need not to bring their tiffin box from home.

**(ii)** Bread- Butter- Jam, Cornflakes, Sprouts, Boiled eggs, Milk will be served additionally in breakfast.

**(iii)** Lemonade will be served after evening games daily.