		PROPOSED MEN	NU FOR SAMASHTI INTE	RNATIONAL SCHOOL for	Week 1		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	ı		BREAKFAST MOR		.		
	IDLI PUTNALU	BREAD ROLLS	PURI	VEG.UTTAPAM	VADA	ALLO PARATHA	
-	CHUTNEY	KETCHUP	ALOO SABJI	TOMATO CHUTNEY	CHUTNEY	RAITHA	
В	SAMBAR	TOMATO RI CE	WATERMELON	FRUITS	SAMBAR	FRUITS	
	OILED EGG		т	UNCH MENU			
SALAD	SALAD	GREEN SALAD	TOSSED SALAD	CUCUMBER FINGERS	GRATED CARROTS	GREEN SPROUTS	
	PHULKA	CHAPATTI	ROTI	PHULKA		ROTI	
PLAIN RICE P	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	
FLAVOURED RICE V	/EG PULAV				VEG NOODLES	TOMATO PULAV	
WET CURRY	NEER BUTTER MASALA	ARBI MASALA	RAJMA MASALA	ALOO MUTTER	VEG MANCHURIA WET		
DRY CURRY		BHINDI DO PYAZA	MIXED VEG FRY	KADHU PORIYAL	VEG CHATPAT (SEMI GRAVY)	GOBI MUTTER	
DHAL PA	ALAK DHAL	TOMATO DHAL	YELLOW DHAL FRY	SAMBAR	DHAL TADKA	DOSAKAYA DHAL	
CURD/ RAITHA	CURD	CURD	BUTTERMILK	CURD	CURD RICE	CURD	
SWEETS KI	HOVA PURI	GULAB JAMUN		DAIATIONIAL COMOOL C	FRUIT CUSTARD		
PROPOSED MENU FOR SAMASHTI INTERNATIONAL SCHOOL for Week 2 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY							
		- 5252141	BREAKFAST MOR				
	ON UTTAPAM	MACARONI	IDLI	PAV BHAJI	VADA		
-	CHUTNEY OILED EGG	SAMIYA UPMA PAPAYA	CHUTNEY SAMBAR	VEG UPMA WATERMELON	CHUTNEY		
В	OILED EGG	PAPAYA		WATERMELON UNCH MENU	SAMBAR		
SALAD	SALAD	GREEN SALAD	TOSSED SALAD	COLESLAW SALAD	SALAD		
ROTT	RIANGULAR PARATHA	CHAPATTI	PURI	ROTI	ROTI		
	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE		
FLAVOURED RICE JE	ERA PULAV			VEG PULAV			
WET CURRY PA	ANEER SABJI	BABYCORN MUTTER	PUNJABI CHOLE	BAGARA BAIGAN	VEG KURMA		
DRY CURRY A	ALOO FRY	BHINDI FRY	GREENLEAF WITH VEG	CABBAGE PORIYAL	BEETROOT PORIYAL		
-	ARANTH DHAL	SAMBAR	DHAL TADKA	TOMATO DHAL	PALAK DHAL		
CURD/ RAITHA SWEETS M	CURD YSORE PAK	CURD	BUTTERMILK RASAGULLA	CURD	BUTTER MILK BOONDI LADDU		
SWEETS	TBOKETAK	PROPOSED MEN		RNATIONAL SCHOOL for			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
111		ATTE MAGARINA	BREAKFAST MOR		TD. 1		
-	EJ UTTAPAM JTTER UPMA	VEG. MACARONI JAM SANDWICH	PURI ALOO SABJI	VADA TOMATO CHUTNEY	IDLI CHUTNEY	ALLO PARATHA RAITHA	
	ATO CHUTNEY	BOILED EGG	WATERMELON	SAMBAR	PAPAYA	FRUIT	
	*		L	UNCH MENU			
SALAD	FRIED SPROUTS	CUCUMBER FINGERS	SALAD	TOSSED SALAD	RUSSIAN SALAD	GREEN SALAD	
	PHULKA	CHAPATTI	PHULKA	ROTI		ROTI	
PLAIN RICE P	PLAIN RICE	PLAIN RICE		PLAIN RICE	PLAIN RICE	PLAIN RICE	
FLAVOURED RICE MU	TTER PULAV		PLAIN RICE	PULIHORA	VEG NOODLES	DDIMETICA	
WET CURRY K	KADAI VEG	RAJMA	PANEER BUTTER MASALA	MIX VEG KURMA	GOBI 65	DRUMSTICK TOMATO CURRY	
DRY CURRY KAI	DHU CHANNA DRY	ALOO PALAK	GOBI CAPSICUM		VEG MAKHANI	BRINJAL CURRY	
DHAL DOSA	AKAYA PAPPU	PLAIN DHAL	SAMBAR	GREEN LEAF DHAL	GREEN LEAF DHAL	KADHU DHAL	
CURD/ RAITHA	CURD	BUTTER MILK	CURD	BUTTER MILK	CURD RICE	CURD	
		GULAB JAMUN	PAPAD	COCONUT BURFI	RAWA LADDU		
SWEETS	MONDAY			RNATIONAL SCHOOL for		CATUDDAY	
	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY BREAKFAST MORNING 8 A.M						
	PAV BHAJI	IDLI	RICE PONGAL	BREAD ROLLS	SAMIYA UPMA	BISI BELE BATH	
F	PAV BHAJI	IDLI PUTNALII CHUTNEY	RICE PONGAL WADA	BREAD ROLLS KETCH UP	SAMIYA UPMA CHUTNEY	BISI BELE BATH	
F TA	PAV BHAJI AMATO RICE BANANA	IDLI PUTNALU CHUTNEY SAMBER	RICE PONGAL WADA CHUTNEY& SAMBER	BREAD ROLLS KETCH UP MIXED FRUITS	SAMIYA UPMA CHUTNEY BOILED EGG	BISI BELE BATH FRUIT	
F TA	AMATO RICE	PUTNALU CHUTNEY	WADA CHUTNEY& SAMBER	KETCH UP	CHUTNEY		
TA SALAD FRI	MATO RICE BANANA IED SPROUTS	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD	WADA CHUTNEY& SAMBER L RUSSIAN SALAD	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD	CHUTNEY BOILED EGG SALAD	FRUIT GREEN SALAD	
TA SALAD FRI ROTI	BANANA ED SPROUTS PHULKA	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD CHAPATTI	WADA CHUTNEY& SAMBER L RUSSIAN SALAD ROTI	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI	CHUTNEY BOILED EGG SALAD PHULKA	FRUIT GREEN SALAD ROTI	
SALAD FRI ROTI PLAIN RICE P	MMATO RICE BANANA IED SPROUTS PHULKA PLAIN RICE	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD	WADA CHUTNEY& SAMBER L RUSSIAN SALAD	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI PLAIN RICE	CHUTNEY BOILED EGG SALAD PHULKA JEERA FRIED RICE	FRUIT GREEN SALAD	
SALAD FRI ROTI PLAIN RICE P FLAVOURED RICE VE	BANANA ED SPROUTS PHULKA	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD CHAPATTI	WADA CHUTNEY& SAMBER L RUSSIAN SALAD ROTI	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI	CHUTNEY BOILED EGG SALAD PHULKA	FRUIT GREEN SALAD ROTI	
SALAD FRI ROTI PLAIN RICE P FLAVOURED RICE VE WET CURRY BAGA	MATO RICE BANANA IED SPROUTS PHULKA PLAIN RICE EG BIRIYANI	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD CHAPATTI PLAIN RICE	WADA CHUTNEY& SAMBER RUSSIAN SALAD ROTI PLAIN RICE CHOLE MASALA CARROT BEETROOT	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI PLAIN RICE CORIANDER RICE	CHUTNEY BOILED EGG SALAD PHULKA JEERA FRIED RICE PLAIN RICE	GREEN SALAD ROTI PLAIN RICE	
SALAD FRI ROTI PLAIN RICE P FLAVOURED RICE VE WET CURRY BAGA DRY CURRY JE	AMATO RICE BANANA BED SPROUTS PHULKA PLAIN RICE EG BIRIYANI ARA BAINGAN	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD CHAPATTI PLAIN RICE GOBI TOMATO	WADA CHUTNEY& SAMBER RUSSIAN SALAD ROTI PLAIN RICE CHOLE MASALA	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI PLAIN RICE CORIANDER RICE	CHUTNEY BOILED EGG SALAD PHULKA JEERA FRIED RICE PLAIN RICE DONDA MASALA	FRUIT GREEN SALAD ROTI PLAIN RICE MIXED VEG CURRY	
SALAD FRI ROTI PLAIN RICE P FLAVOURED RICE VE WET CURRY BAGA DRY CURRY JE	MATO RICE BANANA IED SPROUTS PHULKA PLAIN RICE EG BIRIYANI ARA BAINGAN EERA ALOO	PUTNALU CHUTNEY SAMBER CUCUMBER SALAD CHAPATTI PLAIN RICE GOBI TOMATO CABBAGE FOOGATH	WADA CHUTNEY& SAMBER RUSSIAN SALAD ROTI PLAIN RICE CHOLE MASALA CARROT BEETROOT PORIYAL	KETCH UP MIXED FRUITS UNCH MENU TOSSED SALAD ROTI PLAIN RICE CORIANDER RICE PANEER MUTTER	CHUTNEY BOILED EGG SALAD PHULKA JEERA FRIED RICE PLAIN RICE DONDA MASALA SOYABEAN MUTTER	GREEN SALAD ROTI PLAIN RICE MIXED VEG CURRY BHINDI	