

PROPOSED MENU FOR SAMASHTI INTERNATIONAL SCHOOL for Week 1						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MORNING 8 A.M						
	IDLI	BREAD ROLLS	PURI	VEG.UTTAPAM	VADA	ALLO PARATHA
	PUTNALU CHUTNEY	KETCHUP	ALOO SABJI	TOMATO CHUTNEY	CHUTNEY	RAITHA
	SAMBAR	TOMATO RI CE	WATERMELON	FRUITS	SAMBAR	FRUITS
	BOILED EGG					
LUNCH MENU						
SALAD	SALAD	GREEN SALAD	TOSSED SALAD	CUCUMBER FINGERS	GRATED CARROTS	GREEN SPROUTS
ROTI	PHULKA	CHAPATTI	ROTI	PHULKA		ROTI
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
FLAVOURED RICE	VEG PULAV				VEG NOODLES	TOMATO PULAV
WET CURRY	PANEER 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	PALAK DHAL	TOMATO DHAL	YELLOW DHAL FRY	SAMBAR	DHAL TADKA	DOSAKAYA DHAL
CURD/ RAITHA	CURD	CURD	BUTTERMILK	CURD	CURD RICE	CURD
SWEETS	KHOVA PURI	GULAB JAMUN			FRUIT CUSTARD	
PROPOSED MENU FOR SAMASHTI INTERNATIONAL SCHOOL for Week 2						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MORNING 8 A.M						
	ONION UTTAPAM	MACARONI	IDLI	PAV BHAJI	VADA	
	CHUTNEY	SAMIYA UPMA	CHUTNEY	VEG UPMA	CHUTNEY	
	BOILED EGG	PAPAYA	SAMBAR	WATERMELON	SAMBAR	
LUNCH MENU						
SALAD	SALAD	GREEN SALAD	TOSSED SALAD	COLESLAW SALAD	SALAD	
ROTI	TRIANGULAR PARATHA	CHAPATTI	PURI	ROTI	ROTI	
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	
FLAVOURED RICE	JEERA PULAV			VEG PULAV		
WET CURRY	PANEER SABJI	BABYCORN MUTTER	PUNJABI CHOLE	BAGARA BAIGAN	VEG KURMA	
DRY CURRY	ALOO FRY	BHINDI FRY	GREENLEAF WITH VEG	CABBAGE PORIYAL	BEETROOT PORIYAL	
DHAL	AMARANTH DHAL	SAMBAR	DHAL TADKA	TOMATO DHAL	PALAK DHAL	
CURD/ RAITHA	CURD	CURD	BUTTERMILK	CURD	BUTTER MILK	
SWEETS	MYSORE PAK		RASAGULLA		BOONDI LADDU	
PROPOSED MENU FOR SAMASHTI INTERNATIONAL SCHOOL for Week 3						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MORNING 8 A.M						
	VEJ UTTAPAM	VEG. MACARONI	PURI	VADA	IDLI	ALLO PARATHA
	MUTTER UPMA	JAM SANDWICH	ALOO SABJI	TOMATO CHUTNEY	CHUTNEY	RAITHA
	TOMATO CHUTNEY	BOILED EGG	WATERMELON	SAMBAR	PAPAYA	FRUIT
LUNCH MENU						
SALAD	FRIED SPROUTS	CUCUMBER FINGERS	SALAD	TOSSED SALAD	RUSSIAN SALAD	GREEN SALAD
ROTI	PHULKA	CHAPATTI	PHULKA	ROTI		ROTI
PLAIN RICE	PLAIN RICE	PLAIN RICE		PLAIN RICE	PLAIN RICE	PLAIN RICE
FLAVOURED RICE	MUTTER PULAV		PLAIN RICE	PULIHORA	VEG NOODLES	
WET CURRY	KADAI VEG	RAJMA	PANEER BUTTER MASALA	MIX VEG KURMA	GOBI 65	DRUMSTICK TOMATO CURRY
DRY CURRY	KADHU CHANNA DRY	ALOO PALAK	GOBI CAPSICUM		VEG MAKHANI	BRINJAL CURRY
DHAL	DOSAKAYA PAPPU	PLAIN DHAL	SAMBAR	GREEN LEAF DHAL	GREEN LEAF DHAL	KADHU DHAL
CURD/ RAITHA	CURD	BUTTER MILK	CURD	BUTTER MILK	CURD RICE	CURD
SWEETS		GULAB JAMUN	PAPAD	COCONUT BURFI	RAWA LADDU	
PROPOSED MENU FOR SAMASHTI INTERNATIONAL SCHOOL for Week 4						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MORNING 8 A.M						
	PAV BHAJI	IDLI	RICE PONGAL	BREAD ROLLS	SAMIYA UPMA	BISI BELE BATH
	TAMATO RICE	PUTNALU CHUTNEY	WADA	KETCH UP	CHUTNEY	FRUIT
	BANANA	SAMBER	CHUTNEY& SAMBER	MIXED FRUITS	BOILED EGG	
LUNCH MENU						
SALAD	FRIED SPROUTS	CUCUMBER SALAD	RUSSIAN SALAD	TOSSED SALAD	SALAD	GREEN SALAD
ROTI	PHULKA	CHAPATTI	ROTI	ROTI	PHULKA	ROTI
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	JEERA FRIED RICE	PLAIN RICE
FLAVOURED RICE	VEG BIRIYANI			CORIANDER RICE	PLAIN RICE	
WET CURRY	BAGARA BAINGAN	GOBI TOMATO	CHOLE MASALA	PANEER MUTTER	DONDA MASALA	MIXED VEG CURRY
DRY CURRY	JEERA ALOO	CABBAGE FOOGATH	CARROT BEETROOT PORIYAL		SOYABEAN MUTTER	BHINDI
DHAL	GREEN LEAF DHAL	MOONG DHAL	DHAL TADKEWALI	DHAL PALAK	PAPPUCHARU	SAMBAR
CURD/ RAITHA	RAITHA	CURD	BUTTER MILK	CURD	CURD	CURD
SWEETS	LAVANG LATIKA		BOONDI LADDU		KALA JAMUN	