

VIDYAGYAN (DULHERA)

06-05-2024

DAY	BREAKFAST	MORNING SNACKS	LUNCH	EVENING SNACKS	DINNER
Monday	Pav Bhaji/Aloo Bonda (Pav must be heated in butter), Milk Porridge and Chutney	Samosa and Jaljeera (made in house)	Any seasonal veg (Bhindi, Lauki etc) Dal, Rice, Roti , and cut cucumbers and onions (not mixed)	Roasted peanut chat or Veg Sandwhich (cucumber and tomato with cheese)	Arhar Dal , Seasonal Veg. Wheat Roti,Rice, Onion Cucumber
Tuesday	Idli, Vada/Utpam PS- 2 Nos., Vada PS-1 No., Sambhar and Coconut Chutney	Banana and Milk with Strawberry /Chocolate flavoured	Mix Dal Fry , Any Green Leafy Vegetable, Wheat roti ,Rice, Jeera Raita	Cut fruit one bowl- papayya, Watermelon / Guavav- 1 or (seasonal fruits)	Seasonal Veg. or Ramas Aloo Sabzi , Jeera Aloo,Chana dal, Wheat Chapati, Rice and Seasonal Salad + Kheer
Wednesday	Bread Omellete+ 1 full Sandwich +Porridge+ Banana	Corn Pakoda OR Boiled Chana Chat & Squash PS-1 cup	Rajma Dal , Seasonal veg., Chapati, Jeera Rice, Boondi Raita & Chillionion as salad	Veg patties with Lemon water	Mutter Paneer, Chicken curry, Malka Dal,Wheat Roti, Rice, Seasonal Salad, Gulab Jamun or Veg/non-veg Briyani with Tomato chutney with briyani daal/sabzi and chapatti
Thursday	Black Chana/Aloo Sabzi, Poori and Dahi	Variety of cookies/Bounce with Strawberry flavoured milk	Methi Pakoda Kadhi, Rice, Chapati, Mixed Veg., Salad, Papad	Bread Pakora, Fresh lemon water with mithi Chutney	Soya Chunka Sabzi or Mix Veg., Mix Dal, Wheat Roti, Rice and Seasonal Salad + Sabudana Kheer
Friday	3 Sandwich with cheese, cucumber and tomato,/ 3 Peaut butter sandwiches, Cold coffee, (Boiled egg/ Banana for Veg. & N-veg.)	Chaas/Sattu Butter Milk and Besan/Coconut Ladoo- 2 each person small size	Tehri, Seasonal Veg Gravy, Wheat Roti, Onion Cucumber Raita, Raita with cuucumber	GOLGAPPA & CHANA & POTATO	Cauliflower Mutter, Arhar Dal, Wheat Roti, Rice, Seasonal Salad,
Saturday	Cornflakes with Milk glass and (Boiled egg/ Banana for Veg. & N-veg.), Bread 2 slices	Flavour Chocolate Milk & Rusk PS-3 pcs	Lauki Chana Dal.,Seasonal Veg Sukha, Wheat Chapati, Rice, Papad and Seasonal Salad	Pasta - 1 week and Maggi - next week	Veg. Manchurian, Fried Rice, Noodles Fruit Custard Ice-cream (Ice cream once in a month)

Sunday	Chole Kulcha 3 (3-5 for senoiur students) , Or Plain Prantha , Aloo Sabji and coffee	Cream Roll-1 Pcs/Sweet Bread - 2 pcs.	Chole Ka Saag or Seasonal Veg., Black Masoor Dal, Jeera Rice, Chapati, Papad , Seasonal Salad	Papdi Chaat	Egg Curry, Paneer Curry, Dal, Wheat Chapati, Rice, Seasonal and Salad Or Egg curry , Paneer Kofta , Dal , Wheat Chapati , Rice , Seasonal Salad
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1) Reference Monday Breakfast Bread slices is removed from there and added in Saturday Breakfast.

2) Reference Thursday E. snacks Veg . Patty is removed from there and added in Saturday E. snacks (French fries / chilli potato is removed)