



Lunch Menu - Week 1



MON 2 nd Jan	TUE 3 rd Jan	WED 4 th Jan	THU 5 th Jan	FRI 6 th Jan
GREEN SALAD	GREEN SALAD	TOSSED SALAD	GREEN SALAD	SPROUTS SALAD
ALOO METHI	GOBI MUTTER	CHOLE MASALA	CARROT AND BEANS PORIYAL	PAV BHAJI
STEAM RICE	VEG PULAO AND RAITA	STEAM RICE AND DAL FRY	STEAM RICE	BHINDI KURKURI
DAL LASOONI	DAL TADKA	CHAPATHI	SAMBAR AND RASAM	STEAM RICE
GOBHI PARATHA AND CURD	AJWANI CHAPATHI	CURD	CHAPATHI /CURD	CURD
BESAN BURFI	CARROT HALWA	MYSORE PAK	FRUIT SALAD	COCONUT BURFI





Lunch Menu - Week 2



MON 9 th Jan	TUE 10 th Jan	WED 11 th Jan	THU 12 th Jan	FRI 13 th Jan
GREEN SALAD	GREEN SALAD	TOSSSED SALAD	GREEN SALAD	MEDITERRANEAN SALAD
ALOO CAPSICUM	PALAK TOFU	GOBI MUTTER	ALOO BHINDI	CREAM OF MUSHROOM SOUP
STEAM RICE AND DAL METHI	STEAM RICE AND DAL FRY	VEG BIRYANI AND CURD	STEAM RICE AND DAL TADKA	PITA BREAD AND HUMMUS
CARROT & PEAS PARATHA	CHAPATHI	METHI CHAPATHI	CHAPATHI	TOSSSED BROCCOLI & CORN
CURD	CURD	BOONDI RAITA/CURD	CURD	VEG PILAF
MILK BURFI	FRUIT CUSTARD	MOTI CHOOR LADOO	RAVA HALWA	CARROT CAKE

