



Neev Academy - Menu for the month of July 2018

		BREAKFAST			LUNCH			
WEEKLY CYCLE	FRUIT	CEREALS	MAINS	SALAD	MAINS	SIDES	DESERT / FRUIT	
Cycle 1	WATERMELON	WHEAT PORRIDGE, MILK	IDLI, MINI VADA, SAMBAR, CHUTNEY	GREEN SALAD	STEAM RICE, RAJMA MASALA, PALAK CHAPATHI, LAUKI DAL, GRILL VEGGIES	CURD	CUT FRUIT	
	ORANGE & POMEGRANATE	MUESLI, MILK	PANEER PARATHA, CURD, GREEN MINT CHUTNEY	TANDOORI SALAD	VEG PULAV, PANEER BUTTER MASALA, TRIANGLE PARATHA, POTATO WEDGES, BAKED WHOLE CORN	BUTTER MILK	MANGO SIRIKHAND	
	PEARS WEDGES	CORNFLAKES, MILK	SET DOSA, VEG SAGU, COCONUT CHUTNEY	WATERMELON HONEY SALAD	ALFREDO PENNE PASTA, STIR FRIED MUSHROOM & CORN, BROCCOLI RICE, TOFU GRAVY, GRILL CHICKEN	MULTIGRAIN BREADS	FRUIT CUSTARD	
	BANANA	CHOCOS, MILK	SPINACH CORN SANDWICH, POTATO WEDGES, MASALA OMLETTE	CRUNCHY SALAD	STEAM RICE, PALAK PANEER, SPROUTS TADKA, DAL MAKHANI, PLAIN CHAPATHI	BUTTER MILK	GAJAR KA HALWA	
	PAPAYA	GRANOLA, MILK	PALAK POORI, ALOO BHAJI	GREEN SALAD	VEG BIRYANI, ALOO GOBI LACHEDAR, TOMATO SALAN, PHULKAS, CHICKEN BIRYANI	RAITA	COCONUT LADOO	
Cycle 2	WATERMELON	WHEAT PORRIDGE, MILK	SEMIYA BATH, TOMATO CHUTNEY, CHEESE TOMATO SANDWICH	SPROUT SALAD	JEERA PULAO, KADHAI PANEER, ALOO METHI, DAL PALAK, PLAIN CHAPATHI	CURD	KALA JAMOON	
	ORANGE	MUESLI, MILK	CARROT IDLI, CHUTNEY SAMBAR, BOILED EGG	MOONG KOSHMBARI	PULIYOGARE, MIX VEG PORIAL, AKKI ROTI, DRUMSTICK SAMBAR, KADALA CURRY	BUTTER MILK	RICE KHEER	
	PEARS WEDGES	CORNFLAKES, MILK	ALOO PARATHA, CURD, MINT CHUTNEY	ENGLISH CUCUMBER SALAD	PASTA IN WHITE SAUCE, GRILL VEG, MEXICAN RICE, MASHED POTATO, GARLIC BREAD, ROASTED CHICKEN	KIWI YOGHURT	CUT FRUITS	
	BANANA	CHOCOS, MILK	MILLET KHICHIDI, CHUTNEY, SCRAMBLED EGG, FOCCACIA BREAD	GREEN SALAD	STEAM RICE, BHINDI DO PYAZA, DAL FRY, PLAIN CHAPATI	BUTTER MILK	GAJAR KA HALWA	
	MIXED CUT FRUITS	GRANOLA, MILK	PESARATTU, COCONUT CHUTNEY	KHIMCHI SALAD	VEG FRIED RICE, VEG HAKKA NOODLES, BABY CORN PEPPER FRY, VEG PANEER, BAKED CHICKEN	-	CHOCOLATE CAKE	
Cycle 3	WATERMELON	WHEAT PORRIDGE, MILK	OATS IDLI, UDIN VADA, SAMBAR, CHUTNEY	GREEN SALAD	STEAM RICE, CHOLE AMRITSARI, TAWA VEG, DHABA DAL, PULKA	CURD	CUT FRUIT	
	POMEGRANATE	MUESLI, MILK	MIX VEG PARATHA, CURD, CHUTNEY, BOILED EGG	MACARONI SALAD	HERBED RICE, VEG AUGRATIN, POTATO WEDGES, ROASTED WHOLE CORN	BUTTER MILK	CHOCO BROWNIE	
	MUSK MELON	CORNFLAKES, MILK	VEG POHA, GREEN MINT CHUTNEY	THENGA MANGA SUNDAL	STEAM RICE, URULAI ROAST, AVIAL, SAMBAR, ROTI, CHICKEN WITH VEGGIES	CURD	SEMIYA KHEER	
	BANANA	CHOCOS, MILK	SAMIYA BATH, TOMATO CHUTNEY, BREAD BUTTER JAM, CHEESE OMELETTE	CUCUMBER STICK SALAD	STEAM RICE, DAL MAKHANI, METHI MOONG DRY, MUTTER PANEER, PLAIN CHAPATI	BUTTER MILK	RASGULLA	
	PD Holiday for students							
Cycle 4	APPLE	WHEAT PORRIDGE, MILK	POHA, GREEN MINT CHUTNEY	GREEN SALAD	STEAM RICE, ALOO JEERA, DAL METHI, PANJABI KADI, AJWAIN CHAPATI	CURD	SHAHI TUKDA	
	ORANGE & POMEGRANATE	MUESLI, MILK	PESARATTU, UMPA, CURD, BOILED EGG	KIMCHI SALAD	VEG FRIED RICE, SEZWAN NOODLES, VEG MANCHOORIAN, GOBI MNCHOORIAN	-	SWIRL CUP CAKE	
	PEARS WEDGES	CORNFLAKES, MILK	SET DOSA, UDIN VADA, SAMBAR, CHUTNEY	CORN CAPSICUM SALAD	STEAM RICE, SAMBAR, RAGI ROTI, PUMPKIN PORIAL, VEG KORMA, CHICKEN GRAVY	CURD	KESARI BHATH	
	BANANA	CHOCOS, MILK	CHEESE S/W, SEMIYA BHATH, TOMATO CHUTNEY, SCRAMBLED EGG	CRUNCHY SALAD	STEAM RICE, BHINDI MASALA, DAL MAKHANI, PLAIN CHAPATI, PANEER TIKKA MASALA	BUTTER MILK	LAUKI KA HALWA	
	PAPAYA	GRANOLA, MILK	MIX VEG PARATHA, CURD, CHUTNEY	GREEN SALAD	VEG PULAO, DAL PALAK, LACHA PARATHA, GOBI MUTTER, RAJMA MASALA, CHICKEN TIKKA MASALA	CURD	RASMALAI	