

**RAMJAS PUBLIC SCHOOL (DAY BOARDING)****Junior Wing : August 2018**

<b>DATE / DAY</b>	<b>MORNING REFRESHMENT</b>	<b>LUNCH</b>	<b>EVENING REFRESHMENT</b>
<b>1.8.18 Wednesday</b>	<b>Burgers</b>	<b>Lobia, baigan aloo, podina raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>2.8.18 Thursday</b>	<b>Matara kulcha</b>	<b>Kadhi, beans aloo, rice, chapatti, papad, salad</b>	<b>Fruit</b>
<b>3.8.18 Friday</b>	<b>Kale chane chaat</b>	<b>Puri, aloo curry, pumpkin, boondi raita, veg. pulav, salad</b>	<b>Fruit</b>
<b>4.8.18 Saturday</b>	<b>Mint corn sandwiches</b>	<b>Kale chane ,arbi, sweet curd, rice, chapatti, salad</b>	<b>Biscuits</b>
<b>6.8.18 Monday</b>	<b>Bread olls</b>	<b>Moong sabut , bhindi, sweet daliya in milk, rice, chapatti, salad</b>	<b>Fruit</b>
<b>7.8.18 Tuesday</b>	<b>Samosa (KG-II) Bread butter jam(III-V)</b>	<b>Ghia chana dal, nutrela peas, sweet curd, rice, chapatti, salad</b>	<b>Fruit</b>
<b>8.8.18 Wednesday</b>	<b>Bread butter jam(KG-II) Samosa (III-V)</b>	<b>Urad rajma, ghia, aloo raita, rice, chapatti, salad</b>	<b>Biscuits</b>
<b>9.8.18 Thursday</b>	<b>Bhelpuri</b>	<b>Vada sambhar, lemon rice, aloo masala. salad</b>	<b>Fruit</b>
<b>10.8.18 Friday</b>	<b>Pav Bhaji</b>	<b>Urad chana dal, arbi, podina raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>13.8/18 Monday</b>	<b>Masala vada</b>	<b>Moong Malka dal ,zeera aloo, rice, chapatti, sewian kheer, salad</b>	<b>Fruit</b>
<b>14.8.18 Tuesday</b>	<b>Halwa chane</b>	<b>Puri, aloo curry, pumpkin, boondi raita, veg.pulav, salad</b>	<b>Fruit</b>
<b>16.8.18 Thursday</b>	<b>Burgers</b>	<b>Ghia channa dal ,baigan aloo, pumpkin raita, rice, chapatti, salad</b>	<b>Fruit</b>

<b>17.8.18 Friday</b>	<b>Matara kulcha</b>	<b>Kadhi, beans aloo, papad, rice, chapatti, salad</b>	<b>Fruit</b>
<b>18.8.18 Saturday</b>	<b>Kheera tomato sandwiches</b>	<b>Kale channe, arbi,sweet curd ,rice, chapatti, salad</b>	<b>Biscuits</b>
<b>20.8.18 Monday</b>	<b>Macroni</b>	<b>Sabut Moong dal, bhindi, rice kheer, rice, chapatti, salad</b>	<b>Fruit</b>
<b>21.8.18 Tuesday</b>	<b>Halwa chane</b>	<b>Rajma, ghia, aloo raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>23.8.18 Thursday</b>	<b>Veg. vermicille</b>	<b>Moong Malka dal, arbi, sweet curd, rice, chapatti , salad</b>	<b>Fruit</b>
<b>24.8.18 Friday</b>	<b>Mayonnaise sandwiches</b>	<b>Urad rajma, ghia, aloo raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>25.8.18 Saturday</b>	<b>Kale chane chaat</b>	<b>Arhar dal, zeera aloo, ghia raita, rice, chapatti, salad</b>	<b>Biscuits</b>
<b>27.8.18 Monday</b>	<b>Bread Rolls</b>	<b>Ghia chana dal, arbi ,custard, rice, chapatti, salad</b>	<b>Fruit</b>
<b>28.8.18 Tuesday</b>	<b>Burgers</b>	<b>Kale chane, tinda ,podina raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>29.8.18 Wednesday</b>	<b>Samosa(KG-II) Bread butter jam(III-V)</b>	<b>Lobia, capsicum aloo, ghia raita, rice, chapatti, salad</b>	<b>Bisuits</b>
<b>30.8.18 Thursday</b>	<b>Bread butter jam (KG-II)Samosa III-V)</b>	<b>Urad chana dal, baigan aloo, boondi raita, rice, chapatti, salad</b>	<b>Fruit</b>
<b>31.8 18 Friday</b>	<b>Bhelpuri</b>	<b>Rajma, ghia, aloo raita, rice, Chapatti ,salad</b>	<b>Fruit</b>