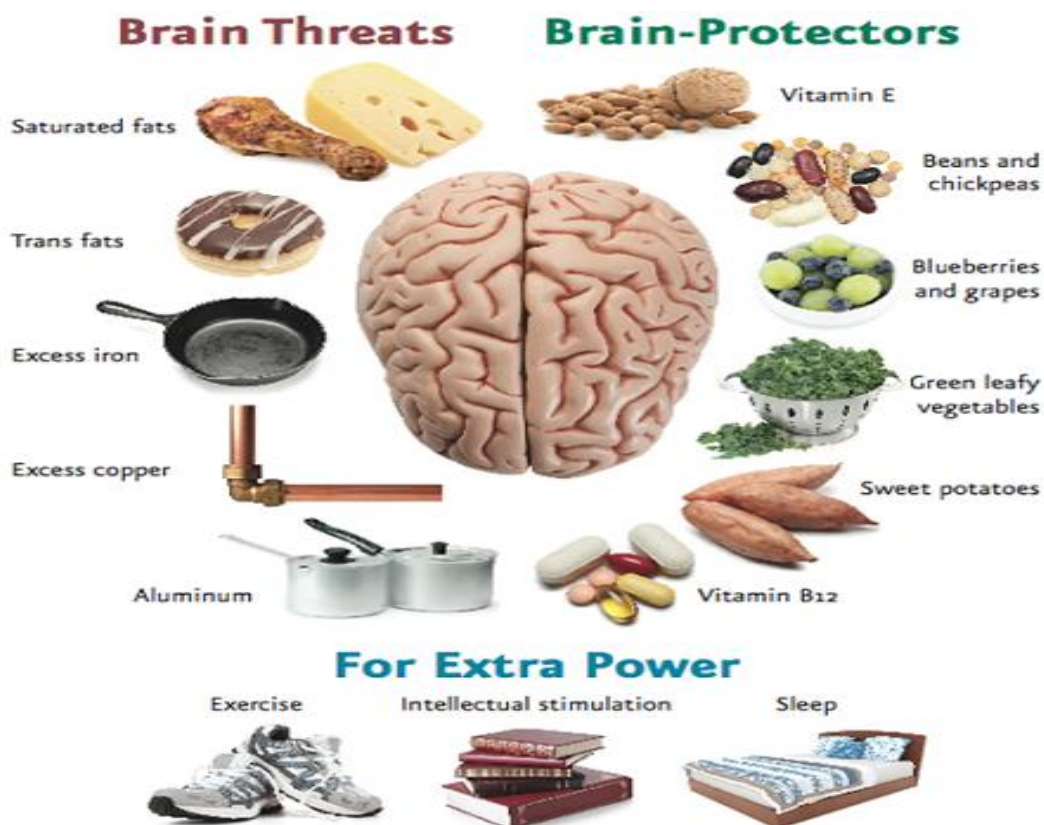


SEPTEMBER 2019 MENU FOR SENIOR WING



Date	Morning Refreshment	Lunch	Evening refreshment
02-09-2019	Vegetable macaroni	Channa dal,aloo capsicum,chapatti,rice,salad, vegetable raita	Packed refreshment
03-09-2019	Aloo bhoonda (6 th 7 th 8 th class)+ stuffed paranth (9 th ,10 th ,11 th 12 th class + staff)	Arhaar dal,mixed vegetable,chapatti,rice,salad, cucumber raita	Fruit
04-09-2019	Aloo bhoonda(9 th ,10 th ,11 th 12 th class + staff)+ stuffed parantha (6 th 7 th 8 th class)	Moongmalka,ghia kofta,chapatti,rice,salad,bhoondi raita	Packed refreshment
05-09-2019	Bhelpuri	Kabulichanna,besan methi,poori(batura for class 12 th students),pumpkin,pulao,salad,jalebi	Fruit
06-09-2019	Samosa	Masoor dal,bhindi,chapatti,rice,salad,onion tomato raita	Packed refreshment
07-09-2019	Vegetable Pakoras	Stuffed vegetable parantha,moongsabut,zeera rice,salad,bhoondi raita	Fruit
09-09-2019	Packed refreshment during exam for students(Dal kachori & aloo subzi for staff)	Vegetable noodles,vegetable Manchurian,vegetable fried rice,channa dal,chapatti,zeera aloo	Fruit
11-09-2019	Packed refreshment during exam for students(Vada pav for staff)	Kadhi,aloo methi,chapatti,rice,salad,papad	Packed refreshment
12-09-2019	Packed refreshment during exam for students(bread pakoras for staff)	Vada sambar,lemon rice,chapatti,zeera aloo,salad	Packed refreshment
13-09-2019	Packed refreshment during exam for students(stuffed parantha for	Rajmah,aloo bringal,chapatti,rice,salad,bhoondi raita	

Prepared by

Ambika Gupta
(Dietician)

Checked by

Sarika Arora
(Principal)

Signed by

Kailash Nath Bansal
(Manager)

SEPTEMBER 2019 MENU FOR SENIOR WING

	staff)		
16-09-2019	Packed refreshment during exam for students(Bhelpuri for staff)	Aloo subzi,pumpkin,besan methi poori,bhoondi raita,salad,zeera rice	Fruit
17-09-2019	Packed refreshment during exam for students(Samosa for staff)	Kabuli channa,ghia,chapatti,rice,salad,custard	Packed refreshment
18-09-2019	Packed refreshment during exam for students(vegetable vada for staff)	Urad rajmah,aloo bean,chapatti,rice,salad,cucumber raita	
19-09-2019	Packed refreshment during exam for students(vegetable pakoras for staff)	Pav bhaji,moongmalka,salad,zeera rice	Packed refreshment
20-09-2019	Packed refreshment during exam for students(bread roll for staff)	Urad channa ,palak paneer,chapatti,rice,salad	Fruit
21-09-2019	Packed refreshment during exam for students(sagopeanut cutlet & bread slice for staff)	Black channa curry,dumaloo,chapatti,rice,salad, bhoondi raita	Packed refreshment
23-09-2019	Packed refreshment during exam for students(vegetable macaroni for staff)	Kadhi,aloo methi,chapatti ,rice,salad,papad	Fruit
24-09-2019	Dal kachori and aloo subzi	Moongmalka,bhindi,chapatti,rice,salad,besan laddoo	Fruit
25-09-2019	Matara khulcha (6 th ,7 th ,8 th class)+ stuffed parantha(9 th .10 th 11 th 12 th class + staff)	Urad channa,ghia kofta,chapatti,rice,salad,bhoondi raita	Fruit
26-09-2019	Matara khulcha(9 th .10 th 11 th 12 th class + staff) + stuffed parantha(6 th ,7 th ,8 th class)	Vada sambar,lemon rice,chapatti,salad,zeera aloo	Fruit
27-09-2019	Burger	Black channa curry,dumaloo,chapatti,rice,salad,onion tomato raita	Packed refreshment
28-09-2019	Vegetable vada	Moongsabut,aloo capsicum.chapati,rice,salad, cucumber raita	Packed refreshment
30-09-2019	Bread pakora	Arhaar dal,aloo bringal,chapatti,rice,salad,vegetable raita	Fruit



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