

OCTOBER 2019 MENU FOR SENIOR WING



Commonly Fortified Foods	
Salt	Iodine, iron
Wheat and maize flours	Iron, folic acid, B vitamins, vitamin A, zinc
Cooking oils and fats	Vitamins A and D
Sugar	Vitamin A
Condiments (sauces)	Iron
Milk	Vitamins A and D, iron
Complementary foods	Iron, folic acid, B vitamins, vitamin A, zinc



Date	Morning Refreshment	Lunch	Evening refreshment
01-10-2019	Parent Teacher Meeting		
09-10-2019	Vada Pav	Moongsabut,palak panner,chapatti,rice,salad	Fruit
10-10-2019	Idli sambar(6 th ,7 th , 8 th class) + aloo bhoonda(9 th 10 th 11 th 12 th class + staff)	Kadhi,aloo methi,chapatti,rice,salad,papad	Packed refreshment
11-10-2019	Idli sambar(9 th 10 th 11 th 12 th class + staff)+ aloo bhoonda) (6 th , 7 th , 8 th class)	Rajmah,aloo beans,chapatti,rice,salad,bhoondi raita	Fruit
14-10-2019	Burger	Arhaar dal,aloo capsicum,chapatti, zeera rice salad, vegetable raita	Packed refreshment
15-10-2019	Stuffed parantha(6 th 7 th 8 th class) +Matara khulcha(9 th 10 th 11 th 12 th class + staff)	Urad channa,ghia kofta,chapatti,rice,salad,vermicelli kheer	Fruit
16-10-2019	Matara khulcha(9 th 10 th 11 th 12 th class + staff)+Stuffed parantha(6 th 7 th 8 th class)	Moongmalka,aloo gobi,chapatti,rice,salad,besan laddoo	Fruit
18-10-2019	Bread pakoras	Pav bhaji,masoor dal,rice,salad	Packed refreshment
19-10-2019	Vegetable vada	Kadhi,aloo palak,chapatti,rice,salad,papad	Packed refreshment
21-10-2019	Bhulpuri	Vegetable noodles, vegetable Manchurian, vegetable fried rice, channa dal ,chapatti, zeera aloo	Fruit
22-10-2019	Chana palak cutlet and bread slice	Vada sambar,aloo bringal ,lemon rice,chapatti,salad	Fruit
23-10-2019	Dal kachori & aloo subzi	Black channa curry,mixed vegetable,chapatti,rice, salad,Jalebi	Packed refreshment
24-10-2019	Vegetable pakoras	Kabulichanna,dumaloo,chapatti,rice,salad,cucumber raita	
25-10-2019	Vegetable macaroni	Aloo subzi,pumpkin,palak poori,pulao,salad, bhoondi raita	Packed refreshment
30-10-2019	Black channa chaat	Arhaar dal,aloo gobi,chapatti, rice,salad,vegetable raita	Fruit
31-10-2019	Bread roll	Rajmah,ghia kofta,chapatti,rice,salad,bhoondi raita	Fruit