

RAMJAS PUBLIC SCHOOL (DAY BOARDING)**September 2019**

DATE / DAY	MORNING REFRESHMENT	LUNCH	EVENING REFRESHMENT
2.9.19 Monday	Bread pakora	Sabut moong,Nutrela peas,sewian kheer,rice,chapatti,salad	Fruit
3.9.19 Tuesday	Macroni	Rajma, ghia,aloo raita,rice,chapatti,salad	Fruit
4.9.19 Wednesday	Burgers	Sabut masoordal,arbi, boondi raita,rice,chapatti,salad	Biscuits
5.9.19 Thursday	Veg. vermicille	Kale chane,Mix veg.,sweet curd,rice,chapatti,salad	Fruit
6.9.19 Friday	Pav bhaji	Kadhi,beans aloo,papad,rice,chapatti,salad	Fruit
7.9.19 Saturday	Kale chane chaat	Puri,aloo curry,boondi raita,pumpkin,veg. pulav,salad	Biscuits
9.9.29 Monday	EXAM Dry ref.	Palak paneer,arhar dal,mixed salad,rice ,chapati	Dry ref.
11.9.19 Wednesday	Mixed pakoras	Aloo parantha,boondi raita,pickle ,urad chana dal,rice,salad	Fruit
12.9.19 Thursday	EXAM Dry ref	Urad rajma dal,capsicum aloo,onion tomato raita,rice,chapatti,salad	Fruit
13.9.19 Friday	Kachori Aloo curry	Sambhar Idli,lemon rice, aloo karela,chapatti,salad	Fruit
16.9.19 Monday	EXAM Dry ref	Kadhi,beans aloo,papad,rice,chapatti,salad	Dry ref
17.9.19 Tuesday	Masala vada	Ghia kofta,dry urad dal,sweet curd,rice,chapatissalad	Fruit

18.9.19 Wednesday	EXAM Dry ref.	Rajma ,ghia,aloo raita,rice,chapatti,salad	Dry ref
19.9.19 Thursday	Samosa	Bedami , aloo, Pumpkin,boondi raita,veg.pulav	Fruit
20.9.19 Friday	EXAM Dry ref.	Choley,Kasoori methi aloo,podina raita,rice,chapatti,salad	Dry ref.
21.9.19 Saturday	Bread pakora	Aloo parantha,boondi raita, sabut masoo dal,rice,pickle,salad	Fruit
23.9.19 Monday	EXAM Dry ref.	Kadhi,beans aloo.rice,chapatti,papad.salad	Dry ref.
24.9.19 Tuesday	Samosa (KG-II) Bread butter jam(II-V)	Moong malka dal,baigan aloo,sweet curd,rice chapatti,salad	Fruit
25.9.19 Wednesday	Bread butter jam(KG-II) Samoas (III-V)	Urad rajma,ghia,aloo raita,rice,chapatti,salad	Biscuits
26.9.19 Thursday	Matara kulcha	Palak paneer,sabut masoor,mixed salad,rice,chapati	Fruit
27.9.19 Friday	Burgers	Sambhar,idli,lemon rice,chapatti,aloo masala,salad	Fruit
28.9.19 Saturday	Pav bhaji	Kale chane.mix veg.,onion tomato raita,rice,chapatti,salad	
30.9.19 Monday	Aloo matar chat	Urad chana dal,capsicum aloo,custard,rice,chapatisalad	Biscuits
Prepared By Rouma	Supported By Ritika/Shruti	Checked By Ms. Sarika Arora (Principal)	Appd. By Mr.K.N.Bansal (Manager)