

**MENU FOR NOVEMBER 2017**

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday		13 <sup>th</sup>	27 <sup>th</sup>	Upma with bread butter Mixed fruits Milk.	Malaikofta curry, Potato and cabbage dry vegetable, Rice, Roti, Salad, Raita, Besanladdu.
Tuesday		14 <sup>th</sup>	28 <sup>th</sup>	Masala idli with chutney Mixed fruits Juice.	Hot and sour soup, Hakka noodles, Fried rice, Manchurian gravy, Fruit custard.
Wednesday	1 <sup>st</sup>	15 <sup>th</sup>	29 <sup>th</sup>	Potato sandwich with green chutney Mixed fruits Milk.	Palak chanadal, Aloo gobi dry vegetable, Rice, Roti, Salad, Raita, Milk cake.
Thursday	2 <sup>nd</sup>	16 <sup>th</sup>	30 <sup>th</sup>	Methiparantha with potato curry Mixed fruits Milk.	Gatta curry, Carrot and peas dry vegetable, Roti, Rice, Salad, Raita, Balushahi.
Friday	3 <sup>rd</sup>	17 <sup>th</sup>		Bread pakoda with chutney Mixed fruits Juice.	Chole, Bhature, Peas pulao, Dahibhalla, Onion salad, Pickle, Gulabjamun.

Day	Date (Week 2)	Date (Week 4)	Mid Day Meal	Lunch
Monday	6 <sup>th</sup>	20 <sup>th</sup>	Puri aloo Mixed fruits Juice.	Kadhipakoda, Jeera aloo dry vegetable, Pulao, Rotis, Rice, Salad, Jalebi.
Tuesday	7 <sup>th</sup>	21 <sup>st</sup>	Uttapam with coconut chutney Mixed fruits Milk.	Kadhai paneer gravy, Mixed dry vegetable, Rice, Roti, Salad, Raita, Besan barfi.
Wednesday	8 <sup>th</sup>	22 <sup>nd</sup>	Bread butter jam sandwich Cornflakes with milk Mixed fruits.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Trifle pudding.
Thursday	9 <sup>th</sup>	23 <sup>rd</sup>	Seviyanupma Mixed fruits Milk.	Rajma curry, Mushroom masala dry vegetable, Roti, Rice, Raita, Salad, Milk cake.
Friday	10 <sup>th</sup>	24 <sup>th</sup>	Corn cutlets with chutney Mixed fruits Juice.	Masala dosa, Wada, Sambhar, Coconut chutney Lemon rice, Coconut barfi

**For further information contact School Nutritionist Shradha Khandelwal - [shradha@suncityschool.in](mailto:shradha@suncityschool.in)**




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