

MENU FOR OCTOBER 2017

Day	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday	2 nd	16 th	30 th	Grilled sandwich Corn flakes with milk Mixed fruits.	Dal Makhani, Bhindi dry vegetable, Rice, Roti, Salad, Raita, Besanladdu.
Tuesday	3 rd	17 th	31 st	Besancheela Mixed fruits Flavored milk.	Chole, Bhature, Pulao, Dahibhalla, Salad, Gulabjamun.
Wednesday	4 th	18 th		Pasta Mixed fruits Lassi.	Sweet corn soup, Hakka noodles, Fried rice, Mushroom manchurian gravy, Momos, Fruit cream.
Thursday	5 th	19 th		Poha Mixed fruits Milk rose.	Lobia curry, Aloo gobi dry vegetable, Rice, Roti, Salad, Raita, Milk cake.
Friday	6 th	20 th		Wada sambhar chutney Mixed fruits Juice.	Palak paneer, Mix dal, Rice, Roti, Salad, Raita, Boondiladdu.

Day	Date (Week 2)	Date (Week 4)	Mid-Day Meal	Lunch
Monday	9 th	23 rd	Pavbhaji Mixed fruits Juice.	Masala dosa, Wada, Sambhar, Coconut chutney Lemon rice, Coconut barfi.
Tuesday	10 th	24 th	MatraKulcha Mixed fruits Flavored milk.	KadhiPakoda, mixed dry vegetable, Rice, Roti, Salad, Raita, Balushahi.
Wednesday	11 th	25 th	Tomato & cucumber sandwich Mixed fruits Flavored milk.	Tomato soup, Pasta, Cheesy garlic bread, Baked vegetable, Corn salad, Trifle pudding.
Thursday	12 th	26 th	Soya kathi roll with chutney Mixed fruits Juice.	Dal Tadka, Potato and french beansdry vegetable, Pulao, Rotis, Rice, Salad, Rabdi jalebi.
Friday	13 th	27 th	Samosa with chutney Mixed Fruits Flavored milk.	Soyabean curry, Arbi dry vegetable, Biryani, Rotis, Salad, Raita, Rasmalai.

For further information contact School Nutritionist Shradha Khandelwal - shradha@suncityschool.in




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