

WEEK -1 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	MIX VEG BROTH	TOMATO SOUP ONION,CUCUMBER & TOMATO SALAD	HOT & SOUR SOUP	HAWAIAN SOUP	MANCHOW SOUP
	SALAD	GREEN SALAD		CHANNA SUNDAL	VEG KACHUMBER SALAD	TOSSED SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	VEG PASTA IN CHEESY SAUCE	GRILLED SANDWICH	INDONESIAN SAMBAL NOODLES	CORN AND SPINACH CUTLET	PASTA CAPONATA
	CON-VEG 2	HERB TOSSED VEGGIES	RATATOUILLE	PAN TOSSED VEGGIES	CHEESE TOAST	HUNAN VEGETABLES
	IND-VEG	PESHAWARI ALOO MUTTER MASALA	PANEER NAWABI HANDI	SHIKAMPURI VEG MASALA	LOBIA CURRY	KASHMIRI KOFTA CURRY
	RICE	JEERA PULAO	LEMON RICE	PEAS PULAO	TOMATO RICE	ONION PULAO
	DAL	DAL TADKA	SAMBAR	MASOOR DAL FRY	SAMBAR	GREEN MOONG DAL / RASAM
	PPCS			PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT		
	DESSERT	CHOCOLATE CHEESE CAKE	BADUSHA	BROWNIE	ICE CREAM	JELLY

WEEK -2 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	MEDITERRANEAN TOMATO SOUP	VEG NOODLES SOUP CHANNA SPROUT SUNDAL	THAI STYLE VEG SOUP	GARLIC SCENTED SPINACH SOUP	POTATO AND LEEK SOUP
	SALAD	GREEN SALAD		CORN AND CUCUMBER KOSUMBARI	RUSSIAN POTATO SALAD	DICED SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	POTATO AND PEAS CUTLET	SUMMER VEG PASTA	CHEESE PIZZA	VEG HAKKA NOODLES	PASTA ARRABIATA
	CON-VEG 2	VEG ALA KING	HERBS SCENTED VEGGIES	POTATO CROQUETTES	SWEET & SOUR VEGETABLE	GRILLED SANDWICH
	IND-VEG	PANEER AUR SUBZI NAWABI	GUJARATHI KOFTA CURRY	ALOO GOBI AUR TAMATAR	PANEER BUTTER MASALA	VEG KHOLAPURI
	DHAL	SAMBAR	DAL MAKHANI	DAL TRIVENI	SAMBAR	DAL TADKA / RASAM
	RICE	COCONUT RICE	JEERA RICE	CAPSICUM AND CASHEW PULAO	PULIYODHARAI	GHEE RICE
	PPCS			PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT		
	DESSERT	ICE CREAM	KALA JAMUN	COLUMBIAN COFFEE CAKE	RASMALAI	BADAM PURI

WEEK 3 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	HERB SCENTED TOMATO SOUP	CREAM OF ZUCCHINI	MANCHOW SOUP	HOT & SOUR SOUP	SWEET CORN SOUP
	SALAD	GREEN SALAD	CUCUMBER KOSUMBARI	SPROUT SALAD	BETROOT SALAD	CUCUMBER LEMON VINAIGRETTE
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	PASTA MARGHERITA	ROASTED POTATOES	HONKONG VEG NOODLES	PASTA IN SPINACH SAUCE	POTATO PEAS CUTLET
	CON-VEG 2	CHEESE PIZZA	VEGETABLE TART	INDONESIAN VEGETABLE CURRY	MUSHROOM CHEESE TOAST	GARLIC SAUTED VEGETABLE
	IND-VEG	NAWABI VEG HANDI	PANEER MAKHANI MASALENDAR	NOORJEHANI KOFTA CURRY	LOBIA AUR BAINGAN CURRY	ALOO GOBI KA KASIYATH
	DHAL	DAL TADKA	SAMBAR	DAL TRIVENI	DAL DHANSAK	SUKHA DAL / RASAM
	RICE	SOUTH INDIAN PULAO	BROWN RICE	GHEE RICE	METHI PULAO	TOMATO RICE
	PPCS			PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT		
	DESSERT	ICE CREAM	JELLY	RASGULLA	GULAB JAMUN	CHOCOLATE MARQUISE

WEEK - 04 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	CLEAR MUSHROOM SOUP	CREAMY VEG SOUP	MULLIGATAWNY SOUP	MEDITERRANEAN TOMATO SOUP	DRUMSTICK SOUP
	SALAD	GREEN SALAD	SPROUT SALAD	MINT TOSSED GREEN SALAD	CORN AND POTATO SALAD	CABBAGE AND CHANNA DAL SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	PASTA ALFREDO	VEGETABLE VOLUVENTS	STUFFED CAPSICUM	ITALIAN PASTA	VEG PROVENCALE
	CON-VEG 2	TEPAN VEGETABLES	HERB SCENTED GRILLED VEGGIES	LYONNAISE POTATO	CHEESE PIZZA	ROASTED POTATO WEDGES
	IND-VEG	NIZAMI VEG HANDI	KADI PAKODI	VEGETABLE DHANSAK	KADAI ALOO GOBI	VEGETABLE JHALFREZI
	DHAL	SAMBAR	DAL AMARANTH	DAL AMTI	BLACK DAL	DHAL MAHARANI
	RICE	LEMON RICE	ZAFFRANI PULAO	JEERA RICE	PEAS PULAO	NASI GORENG
	PPCS			PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT		
	DESSERT	BROWNIE	ICE CREAM	JELLY CHEESE CAKE	RASMALAI	FRUIT CUSTARD

PEANUTS

EGGS

ALL KINDS OF NUTS

GELATINE

HIGH FAT

GELATINE AND EGGS