

WEEK -1 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	VEGETABLE CORN BROTH	TOMATO BASIL SOUP	HOT & SOUR SOUP	CREAM OF VEG	MANCHOW SOUP
	SALAD	GREEN SALAD	BEANS SPROUT SALAD	CUCUMBER SALAD	VEG COLESLAW	TOSSED SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	THAI NOODLES	BAKED CORN SPINACH	PASTA IN TOMATO SAUCE	POTATO CROQUETTES	VOL AU VENT
	CON-VEG 2	SWEET & SOUR VEG	RATATOUILLE	COLESLAW SANDWICH	BAKED VEGETABLE	CAPSICUM & MUSHROOM FRIED RICE
	IND-VEG	PESHAWARI CHANNA MASALA	PANEER HANDI	MILLI JULLI SUBJI	RAW BANANA KOOTU	VEG KOFTA CURRY
	RICE	JEERA PULAO	LEMON RICE	BROWN ONION PULAO	TOMATO RICE	CHANNA DAL FRY
	DAL	DAL TADKA	SAMBAR	MASOOR DAL FRY	BLACK DAL	RASAM
	PPCS	PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT				
	DESSERT	GULAB JAMUN	JELLY	BROWNIE	ICE CREAM	BADUSHA
WEEK -2 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	TOMATO & MUSHROOM SOUP	VEG NOODLES SOUP	MADRAS CURRY SOUP	CREAM OF SPINACH	CREAMY CARROT SOUP
	SALAD	GREEN SALAD	THREE BEAN SALAD	KOSUMBARI	CORN & POTATO SALAD	DICED SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	VEG & CORN CUTLET	PASTA IN INDIAN STYLE	ROASTED POTATO FINGERS	VEG HAKKA NOODLES	PASTA ARRABBIATA
	CON-VEG 2	CHEESY VEGETABLE	MASHED POTATO CANAPE	CREAMY VEG AU GRATIN	SWEET & SOUR VEGETABLE	GRILLED VEGETABLE
	IND-VEG	PANEER LAJABAB	GUJARATHI KOFTA CURRY	KABULI CHANNA MASALA	VEG MAKHANWALA	ALOO MUTTER TAMATER
	DHAL	SAMBAR	DAL MAKHANI	SAMBAR	GREEN MOONG DAL	DAL TADKA / RASAM
	RICE	COCONUT RICE	JEERA RICE	LEMON RICE	NARIYAL DOODH PULAO	PULIYODHARAI
	PPCS	PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT				
	DESSERT	ICE CREAM	MYSORE PAK	COLUMBIAN COFFEE CAKE	RASMALAI	SANDESH
WEEK 3 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	HERB SCENTED TOMATO SOUP	THAI VEG SOUP	SPINACH AND MUSHROOM 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 IN TOMATO SAUCE	TEPPAN VEGETABLE	INDONESIAN SAMBAL NOODLES	PASTA IN SPINACH SAUCE	POTATO PEAS CUTLET
	CON-VEG 2	BAKED VEG IN INDIANA SAUCE	VEGETABLE TART	INDONESIAN VEGETABLE CURRY	GRATIN VEGETABLE	CHEESE N VEG SANDWICH
	IND-VEG	ALOO GOBI MUTTER	METHI CHAMAN PANEER	NOORJEHANI VEG SURPRISE	CHAWALI SUBJI	VEG KOLHAPURI
	DHAL	DAL TADKA	SAMBAR	DABA DAL	DAL DHANSAK	SUKHA DAL / RASAM
	RICE	KASHMIRI PULAO	BROWN RICE	GHEE RICE	SOUTH INDIAN PULAO	TOMATO RICE
	PPCS	PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT				
	DESSERT	ICE CREAM	GULAB JAMUN	RASGULLA	JELLY	MISSISSIPPI MUD CAKE
WEEK - 04 PRIMARY MENU						
GUIDELINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	SOUP	CLEAR MUSHROOM SOUP	HERB SCENTED VEG SOUP	TOMATO SOUP	THENGAPAL SOUP	DRUMSTICK SOUP
	SALAD	GREEN SALAD	SPROUT SUNDAL	GREEN SALAD	CORN & POTATO SALAD	BLACK BEAN SALAD
	IND.BREAD	CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHAPATI
	CON-VEG 1	PAN ASIAN VEG NOODLES	GRILLED VEGETABLE SANDWICH	BROCCOLI AND ONION QUICHE	GREEK PASTA	ANHUI VEGETABLES
	CON-VEG 2	TEPPAN VEGETABLE	THAI STIR FRIED VEGETABLES	LYONNAISE POTATO	GARLIC GINGER VEGGIES	BAKED STUFFED CAPSICUM
	IND-VEG	NIZAMI VEG HANDI	KADI PAKODI	VEGETABLE DHANSAK	PALAK/PANEER/SUBZI KA BHANDAR	ALOO MUTTER SOYA WADI
	DHAL	SAMBAR	DAL AMARANTH	DAL AMTI	BLACK DAL	DHABA DAL
	RICE	LEMON RICE	ZAFRANI PULAO	KABULI PULAO	GAJAR AUR MUTTER PULAO	NASI GORENG
	PPCS	PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT				
	DESSERT	BROWNIE	ICE CREAM	JELLY CHEESE CAKE	RASMALAI	FRUIT CUSTARD

PEANUTS

EGG

GELATINE AND
EGG

GELATINE

ALL KINDS OF
NUTS

HIGH FAT