

4 WEEK MENU CYCLE FOR K.G. AND PRIMARY 2018-19

| WEEK -1 PRIMARY MENU | | | | | | |
|----------------------|-------------------|--------------------------------------------------|-----------------------|-----------------------------|---------------------|--------------------------|
| GUIDELINE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | |
| LUNCH | | GINGER LEMON JUICE | COLD BOOST | LEMON JUICE | ICED TEA | SWEET N SALT LEMON JUICE |
| | SOUP | MIX VEG BISQUE | MANCHOW SOUP | SWEET CORN SOUP | HAWAIIAN SOUP | ROASTED ONION SOUP |
| | SALAD | GREEN SALAD | SPROUT SALAD | CHANNA DAL CARROT KOSUMBARI | VEG KACHUMBER SALAD | GREEN SALAD |
| | IND.BREAD | CHAPATI | MULTI GRAIN CHAPATI | CHAPATI | MULTI GRAIN CHAPATI | CHAPATI |
| | CON-VEG 1 | PASTA IN TOMATO SAUCE | VEGGIES | THAI VEG NOODLES | THREE BEAN CUTLET | SAUCE |
| | CON-VEG 2 | VEGETABLE SANDWICH | BAKED POTATO WEDGES | GRILLED SANDWICH | BOILED CARROTS | MIX VEG PORIYAL |
| | IND-VEG | HYDERABADI VEG CURRY | LAJAWAB PANEER MASALA | SUBZI SALONI | LOBIA CURRY | BAWARCHI KI SUBZI MASALA |
| | RICE | METHI PULAO | LEMON RICE | BROWN RICE | TOMATO RICE | COCONUT PULAO |
| | DAL | DAL TADKA | SAMBAR | MASOOR DAL FRY | SAMBAR | GREEN MOONG DAL / RASAM |
| | PPCS | PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT | | | | |
| DESSERT | ***** | CHOCOLATE HAZELNUT CHEESE CAKE | RASMALAI | ICE CREAM | ***** | |
| | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | |
| | CHEESE PIZZA | HONEY OATS COOKIES | SPINACH RAJMA VADA | CINNAMON DOUGHNUT | FRUIT MUFFINS | |
| | BANANA MILK SHAKE | CHOCOLATE MILK | MUSK MELON JUICE | PLAIN COLD MILK | CHOCOLATE MILK | |

| WEEK -2 PRIMARY MENU | | | | | | |
|----------------------|------------------|--------------------------------------------------|----------------------------------|-----------------------------|--------------------------|-------------------------|
| GUIDELINE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | |
| LUNCH | | GINGER LEMON JUICE | COLD BOOST | LEMON JUICE | ICED TEA | JUICE |
| | SOUP | MEDITERRANEAN TOMATO SOUP | ROASTED SPROUTS SOUP | THAI STYLE VEG SOUP | SOUP | POTATO AND LEEK SOUP |
| | SALAD | GREEN SALAD | SHREDDED SALAD | CORN AND CUCUMBER KOSUMBARI | RUSSIAN POTATO SALAD | DICED VEG SALAD |
| | IND.BREAD | PLAIN CHAPATI | MULTIGRAIN CHAPATI | CHAPATI | CHAPATI | MULTIGRAIN CHAPATI |
| | CON-VEG 1 | CUTLET | GARLIC SPINACH SANDWICH | VEGETABLE QUICHE | WHOLE WHEAT ATTA NOODLES | PASTA IN MUSHROOM SAUCE |
| | CON-VEG 2 | SPAGHETTI IN TOMATO SAUCE | HERBS SCENTED VEGGIES | POTATO CROQUETTES | SWEET & SOUR VEGETABLE | VEG SANDWICH |
| | IND-VEG | KADI PAKODI | KADAI PYAZ GOBI AUR SHIMLA MIRCH | VEG DIWANI HANDI | PANEER BUTTER MASALA | ALOO METHI MASALA |
| | DHAL | DAL TAMATAR | DAL MAKHANI | DAL TRIVENI | SAMBAR | DAL TADKA / RASAM |
| | RICE | BROWN RICE | JEERA RICE | INDONESIAN FRIED RICE | PULIYODHARAI | GHEE RICE |
| | PPCS | PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT | | | | |
| DESSERT | ***** | ICE CREAM | COLUMBIAN COFFEE CAKE | MALAI CHUM CHUM | ***** | |
| | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | |
| | CROISSANTS | MARBLE CAKE SLICE | METHI KABULI CHANNA VADA | BANANA MUFFINS | OATS AND NUTS COOKIES | |
| | CHOCOLATE MILK | WATERMELON JUICE | CHOCOLATE MILK | MUSKMELON JUICE | CHOCOLATE MILK | |

| WEEK 3 PRIMARY MENU | | | | | | |
|---------------------|---------------------------------|--------------------------------------------------|-------------------------|-------------------------------|---------------------------------------|------------------------------|
| GUIDELINE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | |
| | COLD BADAM MILK | LEMON AND MINT JUICE | CHOCOLATE MILK | ICED TEA | SALT AND SWEET LEMON JUICE | |
| LUNCH | SOUP | HERB SCENTED TOMATO SOUP | CREAM OF ZUCCHINI | TOM YUM SOUP | HOT & SOUR SOUP | SWEET CORN SOUP |
| | SALAD | GREEN SALAD | HAWAIIAN SALAD | SPROUT SALAD | BEETROOT SALAD | CARROT KOSUMBARI |
| | IND.BREAD | MULTI GRAIN CHAPATI | CHAPATI | PLAIN CHAPATI | MULTIGRAIN CHAPATI | CHAPATI |
| | CON-VEG 1 | PASTA IN SPINACH SAUCE | LYONNAISE POTATO | VEG NOODLES | FRIED CAULIFLOWER IN HOT GARLIC SAUCE | METHI MUTTER CUTLET |
| | CON-VEG 2 | VEG VOLAUVENTS | GRILLED SANDWICH | BOILED VEGETABLES | CHEESE TOAST | WHOLE WHEAT PASTA/MARGHERITA |
| | IND-VEG | SAI BHAJJI | PANEER KHURCHAN | NOORJEHANI KOFTA CURRY | VEG PORIYAL | BOTTLE GUARD YAKHNI |
| | 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 | ***** | FRUIT CUSTARD | JELLY | ICE CREAM | ***** |
| | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | |
| | WHOLE WHEAT CHEESE PIZZA | MIX VEG BAJJI | DANISH PASTRY | CHOCOCHIP COOKIES | CARROT MUFFIN | |
| | WATERMELON JUICE | CHOCOLATE MILK | BANANA MILK SHAKE | PLAIN MILK | CHOCOLATE MILK | |

| WEEK - 04 PRIMARY MENU | | | | | | |
|------------------------|-------------------------|--------------------------------------------------|-------------------------|--------------------------|----------------------------------|----------------------------|
| GUIDELINE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | MORNING BEVERAGE | |
| | COLD BOOST | LEMON JUICE | LEMON JUICE | COLD BADAM MILK | CHOCOLATE MILK | |
| LUNCH | SOUP | CLEAR MUSHROOM SOUP | CREAMY VEG SOUP | TOMATO SOUP | HEALTHY BEAN SOUP | OATS CHOW SOUP |
| | SALAD | GREEN SALAD | SPROUT AND | MINT TOSSED GREEN SALAD | CORN AND POTATO SALAD | SPROUTS CARROT SALAD |
| | IND.BREAD | CHAPATI | PLAIN CHAPATI | CHAPATI | PLAIN CHAPATI | CHAPATI |
| | CON-VEG 1 | PASTA IN TOMATO SAUCE | SANDWICH | STUFFED CAPSICUM | GRILLED SANDWICH | PASTA ALFREDO |
| | CON-VEG 2 | VEGETABLE QUICHE | PANEER CROQUETTES | HONGKONG NOODLES | GINGER GARLIC VEGGIES | ROASTED SWEET POTATOES |
| | IND-VEG | NIZAMI VEG HANDI | KADI PAKODI | VEGETABLE DHANSAK | KADAI ALOO GOBI AND MIRCH | VEGETABLE JHALFREZI |
| | DHAL | SAMBAR | DAL AMARANTH | DAL AMTI | BLACK DAL | DAL MAHARANI |
| | RICE | VANGI BATH | ZAFFRANI PULAO | JEERA RICE | PEAS PULAO | BROWN RICE |
| | PPCS | PAPAD /BREAD ROLL / PICKLE/CURD / SEASONAL FRUIT | | | | |
| | DESSERT | ***** | ICE CREAM | JELLY CHEESE CAKE | BROWNIE | **** |
| | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | EVENING SNACKS | |
| | COCONUT CINNAMON ROLL | RAGI AND NUTS COOKIES | VEG KABULI CHANNA VADA | ENGLISH SHORT BREAD | CHOCO DOUGHNUTS | |
| | MUSK MELON JUICE | CHOCOLATE MILK | WATERMELON JUICE | CHOCOLATE MILK | BANANA MILK SHAKE | |

PEANUTS

EGGS

ALL KINDS OF NUTS

GELATINE

HIGH FAT

GELATINE AND EGGS