

INDIRA NATIONAL SCHOOL- JANUARY 2012

Date	BREAKFAST	LUNCH				
		SUBJI	ROTI	RICE	DAL	SPECIAL
02-MON	sprout poha, banana	soya curry msla	palak paratha	rice	mix dal	salad
03-TUE	macroni in tomato sauce	peas cauliflower	chappati	rice	moong usal	papad
04-WED	veg sandwich	veg kurma	triangle paratha	jeera rice	dal fry	chaat salad
05-THUR	sabudana kichidi	tomato onion chutney	methi paratha	baingan baath	dalcha	salad
06-FRI	vada pav, pudina chutney	veg manchurian	noodles	fried rice	sweet N sour	fruit custard
09-MON	upma, papaya	aloo jeera	triangle paratha	rice	dal	kheer
10-TUE	Dosa chutney	bhendi fry	Chapati	rice	matki usal	salad
11-WED	veg cutlet	Veg kadai	chappati	peas pulao	raitha	papad
12-THUR	pav bhaji	chole	puri	jeera rice	salad	shira yellow
13-FRI	rawa masala dhokla,chutney	paneer palak	paratha	rice	masala dal	salad
14-SAT						
16-MON	sabudana kichidi	Aloo methi	Chapati	kichidi	kadi	salad
17-TUE	aloo peas poha,papaya	paneer kadai	Chapati	jeera rice	dal fry	salad
18-WED	meduwada, sambar	gawar subji	Chapati	rice	moong usal	gulab jamun
19-THUR	Veg noodles	kofta curry	paratha	rice	dal Tadka	salad
20-FRI	missal pav	veg manchurian	noodles	fried rice	spinach soup	papadi chaat
23-MON	corn upma, banana	Aloo mutter	chappati	rice	dal tadka	salad
24-TUE	idli sambar	rajma curry	chappati	jeera rice	salad	jelebi
25-WED	veg cheese sandwich	doodhi kofta curry	chappati	rice	sambar	papad
27-FRI	macroni in tomato sauce	veg bhuna	paratha	kichidi	kadi	fruit custard
28-SAT						
30-MON	pav bhaji	Aloo capsicum	palak paratha	rice	chowli dal	salad
31-TUE	uttapam,chutney	beans porial	chappati	bisibelebath	salad	papad