

**MENU PLAN SEPTEMBER –2010- INDIRA NATIONAL SCHOOL**

| DATE     | BREAKFAST                 | LUNCH               |                 |                   |              |                 |
|----------|---------------------------|---------------------|-----------------|-------------------|--------------|-----------------|
|          |                           | SUBJI               | ROTI            | RICE              | DAL          | SPECIAL         |
| 01-WED   | Veg upma, papaya          | Cabbage aloo bhujia | Chapati         | Rice              | Dal fry      | Buttermilk      |
| 03-FRI   | Pav bhaji                 | Navrathan kurma     | Roti            | Rice              | Dal          | Papad           |
| 06-MON   | Macaroni in tomato sauce  | Imli aloo           | Methi paratha   | Rice              | Masala dal   | Tomato salad    |
| 07-TUE   | Rawa dosa, tomato chutney | Veg makhnwala       | Chappati        | Jeera rice        | Mix dal      | Salad           |
| 08-WED   | Aloo poha, fruit          | Oondhiya            | Masala paratha  | Rice              | Gugrati dal  | Buttermilk      |
| 09-THURS | Meduwada sambar           | Padwal kootu        | Roti            | Soya pulao        | Dal haryali  | Carrot kheer    |
| 13-MON   | Veg sandwich, banana      | Beans porial        | Palak roti      | Rice              | Mooli sambar | Salad           |
| 14-TUE   | Batata wada               | Gobhi mutter rassa  | Chapati         | Masala baath      | Kadi         | Carrot cucumber |
| 15-WED   | Sabudana kichidi          | Kashmiri dum aloo   | paratha         | Jeera rice        | Dal tadka    | Modak           |
| 16-THURS | Dal dosa chutney          | Paneer chilly       | Noodles         | Spring onion rice | Veg soup     | Salad           |
| 17-FRI   | Veg noodles               | Gawar               | Pumpkin paratha | Rice              | Dalcha       | Palak pakoda    |
| 18-SAT   |                           | Thalipeth           | Dahi pickle     | Veg biryani       | Raitha       | Papd            |
| 20-MON   | Pav bhaji                 | Aloo methi          | Paratha         | Plain             | Sambar       | Cucumber salad  |
| 21-TUE   | Kancheepuram idli         | Doodhi kofta        | Masala paratha  | Peas pulao        | Dal methi    | Salad           |
| 23-THURS | Batata wada               | Paneer paratha      | Pudina chutney  | Kichidi           | Kadi         | Mix fruit salad |
| 24-FRI   | Palak carrot upma, fruit  | Aviyal              | Chappati        | Rice              | Rasam        | Papad           |
| 27-MON   | Methi poha, fruit         | Carrot peas         | Chapati         | Rice              | Dal fry      | Kosambir        |
| 28-TUE   | Uttapam, chutney          | Chole               | Palak puri      | Curd rice         | Mix salad    | Jelabi          |
| 29-WED   | Sabudana wada             | Navrathan kurma     | Chapati         | Rice              | Kali dal     | Buttermilk      |
| 30-THURS | Dhabeli                   | Veg manchurian      | Garlic bread    | Corn fried rice   | Tomato soup  | Pickled salad   |