

Breakfast and Lunch Menu for July 2019

Date	Day	Breakfast	Lunch					
7/1/19	Mon	Chole Puri	Steamed Rice	Dal Fry	Jeera Aloo	Palak Paratha	Sewai Kheer	
7/2/19	Tue	Masala Poha with Fruits Cuts	Masale Bhaat	Varan	Bhendi Fry	Masala Poli	Kuchumber	
7/3/19	Wed	Pav Bhaji	Steamed Rice	Kadi Pakode	Chawli Masala	Chapatti	Tossed Salad	
7/4/19	Thur	Sabudana Khichdi n Curd	Onion n Mint Pulao	Dal Tadka	Aloo Gobi Capsicum	Tawa Paratha	Papad	
7/5/19	Fri	Idli Sambar	Veg Fried Rice	Veg Manchurian	Crispy Veg	Hot n Sour Soup	Kimchi Salad	
7/8/19	Mon	Veg S/w with Ketchup	Steamed Rice	Dal Panchmel	Baingan Masala	Chapatti	Carrot n Cucumber Sticks	
7/9/19	Tue	Onion Uttapam n Chutney	Veg Pulao	Dal Fry	Paneer Mutter	Methi Paratha	Bhoondi Raita	
7/10/19	Wed	Batata Wada n Sambar	Steamed Rice	Dal Makhini	Tawa Sabzi	Chapatti	Shredded Salad	
7/11/19	Thur	Pasta in White Cream Sauce	Green Pea Pulao	Dal Kolhapuri	Rajma Masala	Tawa Paratha	Gajar ka Halwa	
7/12/19	Fri	Masala Upma n Banana	Veg Biryani	Veg Raita	Tendli Sukha	Chapatti		
7/13/19	Sat	Medhu Wada Sambar						
7/15/19	Mon	Misal Pav	Steamed Rice	Dal Tadka	Bhuna Veg	Masala Poli	Fryum	
7/16/19	Tue	Green Pea Poha with Fruit Cuts	Lemon Rice	Rasam	Veg Kuttu	Chapatti	Payasam	
7/17/19	Wed	Veg Cutlet n Ketchup	Steamed Rice	Gujrati Dal	Kadhai Sabzi	Palak Paratha	Tossed Salad	
7/18/19	Thur	Uttapam n Chutney	American Corn n Carrot Rice	Dal Fry	Aloo Methi	Chapatti	Papad	
7/19/19	Fri	Sabudana Wada n Curd	Veg Fried Rice	Gobi Manchurian Dry	Veg Balls in Hot Garlic Sauce	Oriental Salad		
7/22/19	Mon	Puri Bhaji	Half Day					
7/23/19	Tue	Masala Idli						
7/24/19	Wed	Pasta in Pesto Sauce						
7/25/19	Thur	Pineapple Sheera with Fruit Cuts						
7/26/19	Fri	Bread Pattice n Ketchup						
7/27/19	Sat	Paneer Tikka Rolls						
7/29/19	Mon	Khada Pav Bhaji	Steamed Rice	Dal Tadka	Veg Jalfrezi	Tawa Paratha	Papad	
7/30/19	Tue	Idli Chutney	Kashmiri Pulao	Dal Makhini	Bhuna Veg	Chapatti	Carrot n Cucumber Sticks	
7/31/19	Wed	Medhu Wada Sambar	Last Working day of the month					

**** Menu Subject to Changes based on Vegetable availability in the season**

Canteen Supervisor

Principal