Sehwag International School - April 2014 MENU

COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr	BREAK FAST 9.10 - 9:30 hr		LUNCH 12:45 - 13:30 hr					
1-Apr		BOILED EGG WITH MILK & BANANA								
2-Apr										
3-Apr										
4-Apr										
5-Apr										
6-Apr	SUNDAY		BREAD OMELETTE & CORN FLAKES	MILK	DAL TADKA	KADHAI PANEER	VEG RICE	CHAPATI	SALAD	
7-Apr	MONDAY		PAV & VEG BHAJI	HORLICKS	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		RICE KHEER
8-Apr	TUESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO GOBHI ADRAKI	PLAIN RICE	CHAPATI	MIX VEG RAITA	
9-Apr	WEDNESDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PALAK PANEER	PLAIN RICE	CHAPATI		
10-Apr	THURSDAY		DALIYA	BANANA	KADHI	MIX VEG	ONION RICE	CHAPATI		
11-Apr	FRIDAY		POTATO TOAST WITH SAUCE	BOURNVITA	LOBIYA	CABBAGE MUTTER	PLAIN RICE	CHAPATI		
12-Apr	SATURDAY		VEG POHA WITH TOMATO CHUTNEY	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
13-Apr	SUNDAY		BREAD OMELETTE	CURD	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD	
14-Apr	MONDAY		PAV & VEG BHAJI	HORLICKS	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		SUJI HALWA
15-Apr	TUESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA	
16-Apr	WEDNESDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI		
17-Apr	THURSDAY		DALIYA	BANANA	KADHI	MIX VEG	ONION RICE	CHAPATI		
18-Apr	FRIDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN
19-Apr	SATURDAY		VEG POHA WITH TOMATO CHUTNEY	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
20-Apr	SUNDAY		BREAD OMELETTE	CURD	RAJMA	TINDA MASALA	PLAIN RICE	CHAPATI	SALAD	
21-Apr	MONDAY		PAV & VEG BHAJI	HORLICKS	PANCHRATNI DAL	ALOO BAINGAN	TADKA RICE	CHAPATI		SUJI HALWA
22-Apr	TUESDAY		PAV & VEG BHAJI	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA	
23-Apr	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI		
24-Apr	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	MIX VEG	ONION RICE	CHAPATI		
25-Apr	FRIDAY		DALIYA	BANANA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN
26-Apr	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
27-Apr	SUNDAY		VEG POHA WITH TOMATO CHUTNEY	BOURNVITA	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD	
28-Apr	MONDAY		BREAD OMELETTE	CURD	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		SUJI HALWA
29-Apr	TUESDAY		PAV & VEG BHAJI	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA	
30-Apr	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI		

Sehwag International School -April 2014. MENU

COURSE		LIME JUICE 15.45 hr	EVENING SNACKS 18.00 -18.15 hr (After Sports)		DINNER 20.00 - 20:30 hr							BED MILK 21.15 hr
1-Apr												BOURNVITA / HORLICKS MILK
2-Apr												
3-Apr												
4-Apr												
5-Apr												
6-Apr	SUNDAY	LIME JUICE	TUCK SHOP		DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM	
7-Apr	MONDAY	LIME JUICE	COLESLAW S/W	LEMON ROOHAFZA	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD			
40641	TUESDAY	LIME JUICE	CUT FRUIT	LEMON WATER	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		SHAHI TUKDA	
9-Apr	WEDNESDAY	LIME JUICE	VEG SANDWIDH	LEMON WATER	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	GREEN SALAD	CHICKEN CURRY		
10-Apr	THURSDAY	LIME JUICE	BANANA	ROOH AFZA PLAIN	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		RICE KHEER	
11-Apr	FRIDAY	LIME JUICE	VEG TOAST	BANANA SHAKE	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY		
12-Apr	SATURDAY	LIME JUICE	MAGGIE	LEMON ROOHAFZA	BLACK MASOOR	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		MEETHE BOONDI	
13-Apr	SUNDAY	LIME JUICE	TUCK SHOP		DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM	
14-Apr	MONDAY	LIME JUICE	VEG NOODLES	LEMON ROOHAFZA	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	VEG RAITA		
15-Apr	TUESDAY	LIME JUICE	CUT FRUIT	LEMON WATER	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		FRUIT CUSTURD	
16-Apr	WEDNESDAY	LIME JUICE	VEG SANDWIDH	LEMON WATER	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	GREEN SALAD	CHICKEN CURRY		
17-Apr	THURSDAY	LIME JUICE	CUT FRUIT	ROOH AFZA PLAIN	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		GULAB JAMUN	
18-Apr	FRIDAY	LIME JUICE	VEG TOAST	BANANA SHAKE	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY		
19-Apr	SATURDAY	LIME JUICE	MAGGIE	LEMON ROOHAFZA	BLACK MASOOR	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		MEETHE BOONDI	
20-Apr	SUNDAY	LIME JUICE	TUCK SHOP		DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM	
21-Apr	MONDAY	LIME JUICE	COLESLAW S/W	LEMON ROOHAFZA	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA		
22-Apr	TUESDAY	LIME JUICE	CUT FRUIT	LEMON WATER	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		GULAB JAMUN	
23-Apr	WEDNESDAY	LIME JUICE	VEG NOODLES	LEMON WATER	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	GREEN SALAD	CHICKEN CURRY		
24-Apr	THURSDAY	LIME JUICE	CUT FRUIT	ROOH AFZA PLAIN	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		RICE KHEER	
25-Apr	FRIDAY	LIME JUICE	VEG TOAST	BANANA SHAKE	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY		
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27-Apr	SUNDAY	LIME JUICE	TUCK SHOP		DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM	
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29-Apr	TUESDAY	LIME JUICE	CUT FRUIT	LEMON WATER	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		GULAB JAMUN	
30-Apr	WEDNESDAY	LIME JUICE	NOODLES	LEMON WATER	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	GREEN SALAD	CHICKEN CURRY		