# 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 | | |
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| 30-Apr | WEDNESDAY | LIME JUICE | NOODLES | LEMON WATER | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | GREEN SALAD | CHICKEN CURRY | | |