



Sehwag International School - AUGUST 2014 MENU



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COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr	BREAK FAST 9.10 - 9:30 hr		LUNCH 12:45 - 13:30 hr					COURSE		LIME JUICE 15.45 hr	EVENING SNACKS 18.00 -18.15 hr (After Sports)		DINNER 20.00 - 20:30 hr						NIGHT MILK 21.15 hr	
1-Aug	FRIDAY		DALIYA	BANANA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN	1-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY	
2-Aug	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			2-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU
3-Aug	SUNDAY		ALOO PARANTHA WITH CURD AND PICKLE		RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD		3-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	VEG GATTA CURRY	PL RICE	ROTI	GREEN SALAD		PAYASAM
4-Aug	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		SUJI HALWA	4-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA	
5-Aug	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	TINDA MASALA	PLAIN RICE	CHAPATI	SALAD		5-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI
6-Aug	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA		6-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY	
7-Aug	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI			7-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA
8-Aug	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI			8-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY	
9-Aug	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN	9-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU
10-Aug	SUNDAY		ALOO PARANTHA WITH CURD AND PICKLE		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			10-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM
11-Aug	MONDAY		NAMKIN SEVIYAN	BOURNVITA	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD		11-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA	
12-Aug	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		SUJI HALWA	12-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	VEG GATTA CURRY	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI
13-Aug	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA		13-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY	
14-Aug	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI			14-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA
15-Aug	FRIDAY		DALIYA	BANANA	KALE CHANA	TINDA MASALA	PLAIN RICE	CHAPATI	SALAD		15-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY	
16-Aug	SATURDAY	BOILED EGG WITH MILK & BANANA	POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN	16-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU
17-Aug	SUNDAY		BREAD OMELETTE AND CORN FLAKES		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			17-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM
18-Aug	MONDAY		NAMKIN SEVIYAN	BOURNVITA	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD		18-Aug	MONDAY	LEMON WATER	COLESLAW S/W	MANGO SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA	
19-Aug	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA		19-Aug	TUESDAY	LEMON WATER	CUT FRUIT	ORANGE SQUASH	DAL BASANTI	KARELA MASALEDAR	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI
20-Aug	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI			20-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY	
21-Aug	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI			21-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	CHOLEY	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA
22-Aug	FRIDAY		DALIYA	BANANA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN	22-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY	
23-Aug	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			23-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU
24-Aug	SUNDAY		BREAD OMELETTE AND CORN FLAKES		RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD		24-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM
25-Aug	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI		SUJI HALWA	25-Aug	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA	
26-Aug	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA		26-Aug	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI
27-Aug	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI			27-Aug	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY	
28-Aug	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI			28-Aug	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA
29-Aug	FRIDAY		DALIYA	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN	29-Aug	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY	
30-Aug	SATURDAY		POTATO TOAST WITH SAUCE	BANANA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI			30-Aug	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU
31-Aug	SUNDAY		BREAD OMELETTE AND CORN FLAKES		RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD		31-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM

BOURNVITA / HORLICKS MILK