



Sehwag International School -July 15 MENU



Sehwag International School -july15. MENU

COURSE	DAYS	EARLY MORNING MEAL	BREAK FAST 9:10 - 9:30 hr						LUNCH 12:45 - 1:30 hr						COURSE	DAYS	3:10PM	EVENING SNACKS 5:30PM			DINNER 7:30PM-8:00PM						NIGHT MILK 21.15 hr
1-Aug	SATURDAY	BOILED EGG, MILK BANANA BISCUIT	POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER	1-Aug	SATURDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD	GULAB JAMUN					
2-Aug	SUNDAY		ALOO PARANTHA	CURD		RAJMA	ALOO FRY	PL RICE	CHAPATI	SALAD			2-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL MAKHNI	BHINDI MASALA	VEG BIRYANI	ROTI	MARALA ONIONLACCHA					
3-Aug	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN		3-Aug	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA					
4-Aug	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	CHOLEY	MIX VEG	PLAIN RICE	CHAPATI	SALAD			4-Aug	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOBHI ADRAKI	PLAIN RICE	ROTI	DICED SALAD	MEETHE BOONDI				
5-Aug	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		RICE KHEER		5-Aug	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	BUTTER CHICKEN					
6-Aug	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR	PLAIN RICE	CHAPATI	JEERA RAITA			6-Aug	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	DICED SALAD	SHAHI TIKDA				
7-Aug	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				7-Aug	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY					
8-Aug	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	BHINDI MASALA	VEG BIRYANI	CHAPATI		SEVIYAN		8-Aug	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO				
9-Aug	SUNDAY		BREAD OMELETTE	CORNFLAKES MILK		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI				9-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUGHARA	DUM ALOO	ONION RICE	ROTI	MARALA ONIONLACCHA					
10-Aug	MONDAY		POHA		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE	TADKA RICE	CHAPATI		RICE KHEER		10-Aug	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA					
11-Aug	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			11-Aug	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOBHI ADRAKI	PLAIN RICE	ROTI	SALAD	JALEBI				
12-Aug	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN		12-Aug	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY					
13-Aug	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA			13-Aug	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	SALAD	FRUIT CUSURD				
14-Aug	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER		14-Aug	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY					
15-Aug	SATURDAY		PASTA		BOURNVITA	CHOLEY	ALOO FRY	PLAIN RICE	POORI	RAITA			15-Aug	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	PL RICE	ROTI	SALAD	GULAB JAMUN				
16-Aug	SUNDAY		BREAD OMELETTE	CORNFLAKES MILK		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI				16-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUGHARA	DUM ALOO	VEG BIRYANI	ROTI	SALAD					
17-Aug	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE	TADKA RICE	CHAPATI		RICE KHEER		17-Aug	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA					
18-Aug	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	CHOLEY	MIX VEG	PLAIN RICE	CHAPATI	SALAD			18-Aug	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOBHI ADRAKI	PLAIN RICE	ROTI	SALAD	MEETHE BOONDI				
19-Aug	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN		19-Aug	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY					
20-Aug	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA			20-Aug	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	SALAD	SHAHI TIKDA				
21-Aug	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				21-Aug	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY					
22-Aug	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER		22-Aug	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO				
23-Aug	SUNDAY		ALOO PARANTHA	CURD		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI				23-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUGHARA	PANEER BUTTER MASALA	ONION RICE	ROTI	SALAD					
24-Aug	MONDAY		POHA		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE	TADKA RICE	CHAPATI		RICE KHEER		24-Aug	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA					
25-Aug	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD			25-Aug	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOBHI ADRAKI	PLAIN RICE	ROTI	SALAD	SUJI HALWA				
26-Aug	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN		26-Aug	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY					
27-Aug	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA			27-Aug	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHOLEY	JEERA ALOO	PL RICE	ROTI	SALAD	FRUIT CUSURD				
28-Aug	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI				28-Aug	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY					
29-Aug	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER		29-Aug	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO				
30-Aug	SUNDAY		ALOO PARANTHA	CURD		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI				30-Aug	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUGHARA	DUM ALOO	ONION RICE	ROTI	MARALA ONIONLACCHA					
31-Aug	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE	TADKA RICE	CHAPATI		RICE KHEER		31-Aug	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA					