



Sehwag International School -DECEMBER 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 | DAYS | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL PUNJABI | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | | | | | | |
|--------|-----------|-------------------------------|------------------------------------|---------------------------------|----------------|----------------|----------------|--------------|---------------|-------------|---------------|-------------|--------------|---------------|---------------|----------------------|----------------------|------------|-------------|-----------------|-----------------|
| 1-Dec | MONDAY | | NAMKIN SEVIYAN | BOURNVITA | PANCHRATNI DAL | CABBAGE MUTTER | TADKA RICE | CHAPATI | SEVIYAN | 1-Dec | MONDAY | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL PUNJABI | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | |
| 2-Dec | TUESDAY | | LAUKI CHANA WITH PLAIN PARANTHA | HORLICKS | KALE CHANA | MIX VEG | PLAIN RICE | CHAPATI | SALAD | 2-Dec | TUESDAY | LEMON WATER | CUT FRUIT | MANGO SQUASH | DAL BASANTI | VEG JALFREJI | PLAIN RICE | ROTI | DICED SALAD | MEETHE BOONDI | |
| 3-Dec | WEDNESDAY | | IDLI & SAMBHAR | BANANA | MIX DAL | KADHAI PANEER | PLAIN RICE | CHAPATI | | 3-Dec | WEDNESDAY | LEMON WATER | VEG NOODLES | JALJEERA | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN BIRYANI | |
| 4-Dec | THURSDAY | | POHA | BOURNVITA | DAL AMRITSARI | JEERA ALOO | PLAIN RICE | CHAPATI | JEERA RAITA | 4-Dec | THURSDAY | LEMON WATER | POTATO TOAST | LIME JUICE | CHOLEY | MUTTER ALOO | PL RICE | ROTI | GREEN SALAD | SHAHI TIKDA | |
| 5-Dec | FRIDAY | | DALIYA | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | 5-Dec | FRIDAY | LEMON WATER | CUT FRUIT | ROOHAFZA | DAL PUNJABI | PANEER BUTTER MASALA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY | |
| 6-Dec | SATURDAY | | POTATO TOAST WITH SAUCE | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | SEVIYAN | 6-Dec | SATURDAY | LEMON WATER | MAGGIE | LICHI SQUASH | KADHI PAKORA | VEG JALFREJI | PL RICE | ROTI | GREEN SALAD | GULAB JAMUN | |
| 7-Dec | SUNDAY | | ALOO PARANTHA WITH CURD AND PICKLE | | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | | 7-Dec | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | DAL BUKHARA | MIX VEG | PL RICE | ROTI | GREEN SALAD | RICE KHEER | |
| 8-Dec | MONDAY | | NAMKIN SEVIYAN | BOURNVITA | PANCHRATNI DAL | CABBAGE MUTTER | TADKA RICE | CHAPATI | | 8-Dec | MONDAY | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL PUNJABI | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | |
| 9-Dec | TUESDAY | | LAUKI CHANA WITH PLAIN PARANTHA | HORLICKS | KALE CHANA | MIX VEG | PLAIN RICE | CHAPATI | SALAD | 9-Dec | TUESDAY | LEMON WATER | CUT FRUIT | MANGO SQUASH | DAL BASANTI | VEG JALFREJI | PLAIN RICE | ROTI | DICED SALAD | MEETHE BOONDI | |
| 10-Dec | WEDNESDAY | | IDLI & SAMBHAR | BANANA | MIX DAL | PANEER PASANDA | PLAIN RICE | CHAPATI | SEVIYAN | 10-Dec | WEDNESDAY | LEMON WATER | VEG NOODLES | JALJEERA | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY | |
| 11-Dec | THURSDAY | | POHA | BOURNVITA | DAL AMRITSARI | JEERA ALOO | PLAIN RICE | CHAPATI | MIX VEG RAITA | 11-Dec | THURSDAY | LEMON WATER | POTATO TOAST | LIME JUICE | CHOLEY | MUTTER ALOO | PL RICE | ROTI | GREEN SALAD | SHAHI TIKDA | |
| 12-Dec | FRIDAY | | DALIYA | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | 12-Dec | FRIDAY | LEMON WATER | CUT FRUIT | ROOHAFZA | DAL PUNJABI | PANEER BUTTER MASALA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY | |
| 13-Dec | SATURDAY | | POTATO TOAST WITH SAUCE | BOURNVITA | DAL TADKA | BHINDI MASALA | PLAIN RICE | CHAPATI | RICE KHEER | 13-Dec | SATURDAY | LEMON WATER | MAGGIE | LICHI SQUASH | KADHI PAKORA | VEG JALFREJI | PL RICE | ROTI | GREEN SALAD | GULAB JAMUN | |
| 14-Dec | SUNDAY | | BREAD OMELETTE WITH CORN FLAKES | SAUCE | PLAIN MILK | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | 14-Dec | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | DAL BUKHARA | MIX VEG | PL RICE | ROTI | GREEN SALAD | PAYASAM | |
| 15-Dec | MONDAY | BOILED EGG WITH MILK & BANANA | NAMKIN SEVIYAN | BOURNVITA | PANCHRATNI DAL | CABBAGE MUTTER | TADKA RICE | CHAPATI | | 15-Dec | MONDAY | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL PUNJABI | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | |
| 16-Dec | TUESDAY | | LAUKI CHANA WITH PLAIN PARANTHA | HORLICKS | KALE CHANA | MIX VEG | PLAIN RICE | CHAPATI | SALAD | | 16-Dec | TUESDAY | LEMON WATER | CUT FRUIT | MANGO SQUASH | DAL BASANTI | VEG JALFREJI | PLAIN RICE | ROTI | DICED SALAD | MEETHE BOONDI |
| 17-Dec | WEDNESDAY | | IDLI & SAMBHAR | BANANA | MIX DAL | PANEER PASANDA | PLAIN RICE | CHAPATI | | SEVIYAN | 17-Dec | WEDNESDAY | LEMON WATER | VEG NOODLES | JALJEERA | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN BIRYANI |
| 18-Dec | THURSDAY | | | POHA | BOURNVITA | DAL AMRITSARI | JEERA ALOO | PLAIN RICE | CHAPATI | JEERA RAITA | 18-Dec | THURSDAY | LEMON WATER | POTATO TOAST | LIME JUICE | CHOLEY | MUTTER ALOO | PL RICE | ROTI | GREEN SALAD | SHAHI TIKDA |
| 19-Dec | FRIDAY | | | DALIYA | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | 19-Dec | FRIDAY | LEMON WATER | CUT FRUIT | ROOHAFZA | DAL PUNJABI | PANEER BUTTER MASALA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY |
| 20-Dec | SATURDAY | | | POTATO TOAST WITH SAUCE | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | SEVIYAN | 20-Dec | SATURDAY | LEMON WATER | MAGGIE | LICHI SQUASH | KADHI PAKORA | VEG JALFREJI | PL RICE | ROTI | GREEN SALAD | BASEN LADDU |
| 21-Dec | SUNDAY | | | ALOO PARANTHA WITH CURD | PICKLE | | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | 21-Dec | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | DAL BUKHARA | MIX VEG | PL RICE | ROTI | GREEN SALAD | RICE KHEER |
| 22-Dec | MONDAY | | | NAMKIN SEVIYAN | BOURNVITA | PANCHRATNI DAL | CABBAGE MUTTER | TADKA RICE | CHAPATI | SEVIYAN | 22-Dec | MONDAY | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL PUNJABI | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA |
| 23-Dec | TUESDAY | | | LAUKI CHANA WITH PLAIN PARANTHA | HORLICKS | KALE CHANA | BHINDI MASALA | PLAIN RICE | CHAPATI | SALAD | 23-Dec | TUESDAY | LEMON WATER | CUT FRUIT | MANGO SQUASH | DAL BASANTI | VEG JALFREJI | PLAIN RICE | ROTI | DICED SALAD | MEETHE BOONDI |
| 24-Dec | WEDNESDAY | | | IDLI & SAMBHAR | BANANA | MIX DAL | KADHAI PANEER | PLAIN RICE | CHAPATI | SEVIYAN | 24-Dec | WEDNESDAY | LEMON WATER | VEG NOODLES | JALJEERA | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY |
| 25-Dec | THURSDAY | | | POHA | BOURNVITA | DAL AMRITSARI | JEERA ALOO | PLAIN RICE | CHAPATI | | 25-Dec | THURSDAY | LEMON WATER | POTATO TOAST | LIME JUICE | CHOLEY | MUTTER ALOO | PL RICE | ROTI | GREEN SALAD | SHAHI TIKDA |
| 26-Dec | FRIDAY | | | DALIYA | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | 26-Dec | FRIDAY | LEMON WATER | CUT FRUIT | ROOHAFZA | DAL PUNJABI | PANEER BUTTER MASALA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY |
| 27-Dec | SATURDAY | | | POTATO TOAST WITH SAUCE | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | SEVIYAN | 27-Dec | SATURDAY | LEMON WATER | MAGGIE | LICHI SQUASH | KADHI PAKORA | VEG JALFREJI | PL RICE | ROTI | GREEN SALAD | GULAB JAMUN |
| 28-Dec | SUNDAY | | | BREAD OMELETTE WITH CORN FLAKES | SAUCE | PLAIN MILK | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | 28-Dec | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | DAL BUKHARA | MIX VEG | PL RICE | ROTI | GREEN SALAD | PAYASAM |
| 29-Dec | MONDAY | | | NAMKIN SEVIYAN | BOURNVITA | PANCHRATNI DAL | CABBAGE MUTTER | TADKA RICE | CHAPATI | SEVIYAN | 29-Dec | MONDAY | LEMON WATER | COLESLAW S/W | ORANGE SQUASH | DAL BUKHARA | BHINDI MASALA | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA |
| 30-Dec | TUESDAY | | | LAUKI CHANA WITH PLAIN PARANTHA | HORLICKS | KALE CHANA | MIX VEG | PLAIN RICE | CHAPATI | SALAD | 30-Dec | TUESDAY | LEMON WATER | CUT FRUIT | MANGO SQUASH | DAL BASANTI | VEG JALFREJI | PLAIN RICE | ROTI | DICED SALAD | MEETHE BOONDI |
| 31-Dec | WEDNESDAY | | | IDLI & SAMBHAR | BANANA | MIX DAL | KADHAI PANEER | PLAIN RICE | CHAPATI | SEVIYAN | 31-Dec | WEDNESDAY | LEMON WATER | VEG NOODLES | JALJEERA | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY |



NIGHT MILK
21.15 hr



BOURNVITA / NORLICKS MILK