Sehwag International School -Febuary15 MENU

COURSE	DAYS	EARLY MORNING MEAL 7-7:15 hr	BREAK FAST 9.10 - 9:30 hr			LUNCH 12:45 - 13:30 hr					
1-Feb	SUNDAY	BOILED EGG WITH MILK &	ALOO PARANTHA	CURD	PICKLE	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
2-Feb	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN
3-Feb	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
4-Feb	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
5-Feb	THURSDAY		POHA		BOURNVITA	DAL AMRITSARI	METHI GAJAR	PLAIN RICE	CHAPATI	JEERA RAITA	
6-Feb	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
7-Feb	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN
8-Feb	SUNDAY		BREAD OMELETTE	CORNFLAKES AND MILK		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
9-Feb	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN
10-Feb	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
11-Feb	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
12-Feb	THURSDAY		POHA		BOURNVITA	DAL AMRITSARI	METHI GAJAR	PLAIN RICE	CHAPATI	JEERA RAITA	
13-Feb	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
14-Feb	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN
15-Feb	SUNDAY		BREAD OMELETTE	CORNFLAKES AND MILK		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
16-Feb	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN
17-Feb	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
18-Feb	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
19-Feb	THURSDAY		POHA		BOURNVITA	DAL AMRITSARI	METHI GAJAR	PLAIN RICE	CHAPATI	JEERA RAITA	
20-Feb	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
21-Feb	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN
22-Feb	SUNDAY		BREAD OMELETTE	CORNFLAKES AND MILK		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI		
23-Feb	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	ALOO CABBAGE MUTTER	TADKA RICE	CHAPATI		SEVIYAN
24-Feb	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	KALE CHANA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
25-Feb	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
26-Feb	THURSDAY		POHA		BOURNVITA	DAL AMRITSARI	METHI GAJAR	PLAIN RICE	CHAPATI	JEERA RAITA	
27-Feb	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
28-Feb	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		SEVIYAN

Sehwag International School -FABUARY 15. MENU

COURSE	DAYS	3:10PM	EVENING SNACKS 5:30PM		DINNER 7:30PM-8:00PM							NIGHT MILK 21.15 hr
1-Jan	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	CHANA DAL	DUM ALOO	ONION RICE	ROTI	ONION SALAD			
2-Jan	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA		
3-Jan	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	GATTA CURRY	PLAIN RICE	ROTI	DICED SALAD		GAJAR KA HALWA	
4-Jan	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	VEG BIRYANI	ROTI	ONION SALAD			
5-Jan	THURSDAY	LEMON WATER	LIME JUICE	PAV BHAJI	RAJMA	JEERA ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA	
6-Jan	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD			
7-Jan	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	SARSO KA SAAG	PL RICE	ROTI	GREEN SALAD		GULAB JAMUN	
8-Jan	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	CHANA DAL	DUM ALOO	ONION RICE	ROTI	ONION SALAD			
9-Jan	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA		
10-Jan	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	GATTA CURRY	PLAIN RICE	ROTI	DICED SALAD		GAJAR KA HALWA	
11-Jan	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY		
12-Jan	THURSDAY	LEMON WATER	LIME JUICE	PAV BHAJI	CHOLEY	JEERA ALOO	PL RICE	ROTI	GREEN SALAD		FRUIT CUSRURD	
13-Jan	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY		
14-Jan	SATURDAY	LEMON WATER	BANANA SHAKE	MAGGIE	KADHI PAKORA	SARSO KA SAAG	PL RICE	ROTI	GREEN SALAD		GULAB JAMUN	
15-Jan	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUKHARA	DUM ALOO	ONION RICE	ROTI	ONION SALAD			
16-Jan	MONDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	MIX VEG RAITA		
17-Jan	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	GATTA CURRY	PLAIN RICE	ROTI	DICED SALAD		GAJAR KA HALWA	
18-Jan	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	MIX DAL	PANEER BUTTER MASALA	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY		
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22-Jan	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BHUKHARA	DUM ALOO	ONION RICE	ROTI	ONION SALAD			
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