## Sehwag International School -January15 MENU

| COURSE | DAYS | EARLY MORNING MEAL 7-7:15 hr | BREAK FAST 9.10 - 9:30 hr | | | LUNCH 12:45 - 13:30 hr | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1-Jan | THURSDAY | BOILED EGG WITH MILK & BANANA | WINTER HOLIDAY | | | | | | | |
| 2-Jan | FRIDAY | | | | | | | | | |
| 3-Jan | SATURDAY | | | | | | | | | |
| 4-Jan | SUNDAY | | | | | | | | | |
| 5-Jan | MONDAY | | | | | | | | | |
| 6-Jan | TUESDAY | | | | | | | | | |
| 7-Jan | WEDNESDAY | | | | | | | | | |
| 8-Jan | THURSDAY | | | | | | | | | |
| 9-Jan | FRIDAY | | | | | | | | | |
| 10-Jan | SATURDAY | | | | | | | | | |
| 11-Jan | SUNDAY | | | | | | | | | |
| 12-Jan | MONDAY | | | | | | | | | |
| 13-Jan | TUESDAY | | | | | | | | | |
| 14-Jan | WEDNESDAY | | IDLI & SAMBHAR | | BANANA | MIX DAL | PANEER PASANDA | PLAIN RICE | CHAPATI | | SEVIYAN |
| 15-Jan | THURSDAY | | POHA | | BOURNVITA | DAL AMRITSARI | METHI GAJAR | PLAIN RICE | CHAPATI | JEERA RAITA | |
| 16-Jan | FRIDAY | | DALIYA | | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | |
| 17-Jan | SATURDAY | | POTATO TOAST WITH SAUCE | | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | | SEVIYAN |
| 18-Jan | SUNDAY | | BREAD OMELETTE | CORNFLAKES AND MILK | | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | | |
| 19-Jan | MONDAY | | NAMKIN SEVIYAN | | BOURNVITA | PANCHRATNI DAL | ALOO CABBAGE MUTTER | TADKA RICE | CHAPATI | | SEVIYAN |
| 20-Jan | TUESDAY | | LAUKI CHANA WITH PLAIN PARANTHA | | HORLICKS | KALE CHANA | ALOO GOBHI ADRAKI | PLAIN RICE | CHAPATI | SALAD | |
| 21-Jan | WEDNESDAY | | IDLI & SAMBHAR | | BANANA | MIX DAL | PANEER PASANDA | PLAIN RICE | CHAPATI | | SEVIYAN |
| 22-Jan | THURSDAY | | POHA | | BOURNVITA | DAL AMRITSARI | METHI GAJAR | PLAIN RICE | CHAPATI | JEERA RAITA | |
| 23-Jan | FRIDAY | | DALIYA | | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | |
| 24-Jan | SATURDAY | | POTATO TOAST WITH SAUCE | | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | | SEVIYAN |
| 25-Jan | SUNDAY | | BREAD OMELETTE | CORNFLAKES AND MILK | | DAL HARYALI | LAUKI CHANA | PEAS PULAO | CHAPATI | | |
| 26-Jan | MONDAY | | NAMKIN SEVIYAN | | BOURNVITA | PANCHRATNI DAL | ALOO CABBAGE MUTTER | TADKA RICE | CHAPATI | | SEVIYAN |
| 27-Jan | TUESDAY | | LAUKI CHANA WITH PLAIN PARANTHA | | HORLICKS | KALE CHANA | ALOO GOBHI ADRAKI | PLAIN RICE | CHAPATI | SALAD | |
| 28-Jan | WEDNESDAY | | IDLI & SAMBHAR | | BANANA | MIX DAL | PANEER PASANDA | PLAIN RICE | CHAPATI | | SEVIYAN |
| 29-Jan | THURSDAY | | POHA | | BOURNVITA | DAL AMRITSARI | METHI GAJAR | PLAIN RICE | CHAPATI | JEERA RAITA | |
| 30-Jan | FRIDAY | | DALIYA | | BANANA | KADHI | VEG JALFREJI | ONION RICE | CHAPATI | | |
| 31-Jan | SATURDAY | | POTATO TOAST WITH SAUCE | | BOURNVITA | DAL TADKA | PALAK CORN | PLAIN RICE | CHAPATI | | SEVIYAN |

## Sehwag International School -january2015. MENU

| COURSE | DAYS | 3:10PM | EVENING SNACKS 5:30PM | DINNER 7:30PM-8:00PM | | | | | | | NIGHT MILK 21.15 hr |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1-Jan | THURSDAY | WINTER HOLIDAY | | | | | | | | | |
| 2-Jan | FRIDAY | | | | | | | | | | |
| 3-Jan | SATURDAY | | | | | | | | | | |
| 4-Jan | SUNDAY | | | | | | | | | | |
| 5-Jan | MONDAY | | | | | | | | | | |
| 6-Jan | TUESDAY | | | | | | | | | | |
| 7-Jan | WEDNESDAY | | | | | | | | | | |
| 8-Jan | THURSDAY | | | | | | | | | | |
| 9-Jan | FRIDAY | | | | | | | | | | |
| 10-Jan | SATURDAY | | | | | | | | | | |
| 11-Jan | SUNDAY | | | | | | | | | | |
| 12-Jan | MONDAY | | | | | | | | | | |
| 13-Jan | TUESDAY | | | | | | | | | | |
| 14-Jan | WEDNESDAY | LEMON WATER | JALJEERA | VEG NOODLES | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY | |
| 15-Jan | THURSDAY | LEMON WATER | LIME JUICE | PAV BHAJI | CHOLEY | JEERA ALOO | PL RICE | ROTI | GREEN SALAD | | SHAHI TIKDA |
| 16-Jan | FRIDAY | LEMON WATER | ROOHAFZA SHAKE | CUT FRUIT | DAL PUNJABI | NEER BUTTER MASA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY | |
| 17-Jan | SATURDAY | LEMON WATER | BANANA SHAKE | MAGGIE | KADHI PAKORA | DUM ALOO | PL RICE | ROTI | GREEN SALAD | | GULAB JAMUN |
| 18-Jan | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | CHANA DAL | DUM ALOO | ONION RICE | ROTI | ONION SALAD | | |
| 19-Jan | MONDAY | LEMON WATER | LIME JUICE | VEG SANDWICH | DAL PUNJABI | ALOO GOBHI ADRAKI | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | |
| 20-Jan | TUESDAY | LEMON WATER | BANANA SHAKE | CUT FRUIT | DAL BASANTI | GATTA CURRY | PLAIN RICE | ROTI | DICED SALAD | | GAJAR KA HALWA |
| 21-Jan | WEDNESDAY | LEMON WATER | JALJEERA | VEG NOODLES | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY | |
| 22-Jan | THURSDAY | LEMON WATER | LIME JUICE | PAV BHAJI | CHOLEY | JEERA ALOO | PL RICE | ROTI | GREEN SALAD | | SHAHI TIKDA |
| 23-Jan | FRIDAY | LEMON WATER | ROOHAFZA SHAKE | CUT FRUIT | DAL PUNJABI | NEER BUTTER MASA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY | |
| 24-Jan | SATURDAY | LEMON WATER | BANANA SHAKE | MAGGIE | KADHI PAKORA | SARSO KA SAAG | PL RICE | ROTI | GREEN SALAD | | GULAB JAMUN |
| 25-Jan | SUNDAY | LEMON WATER | TUCK SHOP | TUCK SHOP | CHANA DAL | DUM ALOO | ONION RICE | ROTI | ONION SALAD | | |
| 26-Jan | MONDAY | LEMON WATER | LIME JUICE | VEG SANDWICH | DAL PUNJABI | ALOO GOBHI ADRAKI | VEG PULAO | ROTI | GREEN SALAD | JEERA RAITA | |
| 27-Jan | TUESDAY | LEMON WATER | BANANA SHAKE | CUT FRUIT | DAL BASANTI | GATTA CURRY | PLAIN RICE | ROTI | DICED SALAD | | GAJAR KA HALWA |
| 28-Jan | WEDNESDAY | LEMON WATER | JALJEERA | VEG NOODLES | MIX DAL | SHAHI PANEER | ONION RICE | ROTI | ONION SALAD | CHICKEN CURRY | |
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| 30-Jan | FRIDAY | LEMON WATER | ROOHAFZA SHAKE | CUT FRUIT | DAL PUNJABI | NEER BUTTER MASA | JEERA RICE | ROTI | GREEN SALAD | EGG CURRY | |
| 31-Jan | SATURDAY | LEMON WATER | BANANA SHAKE | MAGGIE | KADHI PAKORA | SARSO KA SAAG | PL RICE | ROTI | GREEN SALAD | | GULAB JAMUN |