



Sehwag International School -July 15 MENU



Sehwag International School -july15. MENU

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