



Sehwag International School - JULY 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		LIME JUICE 15.45 hr	EVENING SNACKS 18.00 -18.15 hr (After Sports)			DINNER 20.00 - 20:30 hr						NIGHT MILK 21.15 hr
1-Jul	TUESDAY	BOILED EGG WITH MILK & BANANA	ALOO BHAJI WITH PLAIN PARANTHA		HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA			1-Jul	TUESDAY	LEMON WATER	CUT FRUIT	ORANGE SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI			
2-Jul	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI						2-Jul	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY			
3-Jul	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI						3-Jul	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA		
4-Jul	FRIDAY		DALIYA	BANANA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN			4-Jul	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY			
5-Jul	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI						5-Jul	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU		
6-Jul	SUNDAY		ALOO PARANTHA WITH CURD AND PICKLE		RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD					6-Jul	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM		
7-Jul	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI			SUJI HALWA			7-Jul	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA			
8-Jul	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	KALE CHANA	TINDA MASALA	PLAIN RICE	CHAPATI	SALAD					8-Jul	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI		
9-Jul	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA					9-Jul	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY			
10-Jul	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI						10-Jul	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA		
11-Jul	FRIDAY		DALIYA	BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI						11-Jul	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY			
12-Jul	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN			12-Jul	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU		
13-Jul	SUNDAY		ALOO PARANTHA WITH CURD AND PICKLE		DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI						13-Jul	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM		
14-Jul	MONDAY		NAMKIN SEVIYAN	BOURNVITA	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD					14-Jul	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA			
15-Jul	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI			SUJI HALWA			15-Jul	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI		
16-Jul	WEDNESDAY		IDLI & SAMBHAR	BANANA	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA					16-Jul	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY			
17-Jul	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI						17-Jul	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA		
18-Jul	FRIDAY		DALIYA	BANANA	KALE CHANA	TINDA MASALA	PLAIN RICE	CHAPATI	SALAD					18-Jul	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY			
19-Jul	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN			19-Jul	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU		
20-Jul	SUNDAY		BREAD OMELETTE AND CORN FLAKES	MILK	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI						20-Jul	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM		
21-Jul	MONDAY		NAMKIN SEVIYAN	BOURNVITA	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD					21-Jul	MONDAY	LEMON WATER	COLESLAW S/W	MANGO SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA			
22-Jul	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA					22-Jul	TUESDAY	LEMON WATER	CUT FRUIT	ORANGE SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI		
23-Jul	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI						23-Jul	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY			
24-Jul	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI						24-Jul	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA		
25-Jul	FRIDAY		DALIYA	BANANA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI			SEVIYAN			25-Jul	FRIDAY	LEMON WATER	CUT FRUIT	ROOHAFZA	DAL BUKHARA	PANEER BUTTER MASALA	JEERA RICE	ROTI	GREEN SALAD	EGG CURRY			
26-Jul	SATURDAY		POTATO TOAST WITH SAUCE	BOURNVITA	DAL HARYALI	LAUKI CHANA	PEAS PULAO	CHAPATI						26-Jul	SATURDAY	LEMON WATER	MAGGIE	LICHI SQUASH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	GREEN SALAD		BASEN LADDU		
27-Jul	SUNDAY		BREAD OMELETTE AND CORN FLAKES	MILK	RAJMA	JEERA ALOO	PLAIN RICE	CHAPATI	SALAD					27-Jul	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL BASANTI	MIX VEG	PL RICE	ROTI	GREEN SALAD		PAYASAM		
28-Jul	MONDAY		NAMKIN SEVIYAN	BOURNVITA	PANCHRATNI DAL	TINDA MASALA	TADKA RICE	CHAPATI			SUJI HALWA			28-Jul	MONDAY	LEMON WATER	COLESLAW S/W	ORANGE SQUASH	DAL PUNJABI	ALOO GOBHI ADRAKI	VEG PULAO	ROTI	GREEN SALAD	JEERA RAITA			
29-Jul	TUESDAY		ALOO BHAJI WITH PLAIN PARANTHA	HORLICKS	MIX DAL	ALOO MUTTER	PLAIN RICE	CHAPATI	MIX VEG RAITA					29-Jul	TUESDAY	LEMON WATER	CUT FRUIT	MANGO SQUASH	DAL BASANTI	MIX VEG	PLAIN RICE	ROTI	DICED SALAD		MEETHE BOONDI		
30-Jul	WEDNESDAY		IDLI & SAMBHAR	BANANA	DAL AMRITSARI	PANEER PASANDA	PLAIN RICE	CHAPATI						30-Jul	WEDNESDAY	LEMON WATER	VEG NOODLES	JALJEERA	MIX DAL	SHAHI PANEER	ONION RICE	ROTI	ONION SALAD	CHICKEN CURRY			
31-Jul	THURSDAY		NAMKIN SEVIYAN	BOURNVITA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI						31-Jul	THURSDAY	LEMON WATER	POTATO TOAST	LIME JUICE	RAJMA	MUTTER ALOO	PL RICE	ROTI	GREEN SALAD		SHAHI TIKDA		

BOURNVITA / HORLICKS MILK