



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							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