Sehwag International School -NOVEMBER2014 MENU

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

Sehwag International School -NOVEMBR 2014. MENU

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