



Sehwag International School -October15 MENU



Sehwag International School -October5. MENU

COURSE	DAYS	EARLY MORNING MEAL	BREAK FAST 9.10 - 9.30 hr						LUNCH 12:45 - 1:30 hr						COURSE	DAYS	BEFORE SPORTS DRINK	EVENING SNACKS 5:30PM			DINNER 8:00PM-8:30PM					
1-Oct	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO MUTTER	VEG RICE	CHAPATI	JEERA RAITA				1-Oct	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	DICED SALAD	SHAHI TIKDA		
2-Oct	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER			2-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY			
3-Oct	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	BHINDI MASALA	VEG BIRYANI	CHAPATI		SEVIYAN			3-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	SOYA RICE	ROTI	SALAD	BESAN LADOO		
4-Oct	SUNDAY		ALOO PARANTHA	CURD		VEG MANCHURIAN	VEG NOODLES	FRIED RICE				CUSTURD		4-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
5-Oct	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER			5-Oct	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	RAJMA	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA			
6-Oct	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD				6-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	JALEBI		
7-Oct	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN			7-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
8-Oct	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO MUTTER	VEG RICE	CHAPATI	JEERA RAITA				8-Oct	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	SALAD	FRUIT CUSRURD		
9-Oct	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER			9-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY			
10-Oct	SATURDAY		PASTA		BOURNVITA	CHOLEY	ALOO FRY	PLAIN RICE	POORI	RAITA				10-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	SOYA RICE	ROTI	SALAD	GULAB JAMUN		
11-Oct	SUNDAY		BREAD OMELETTE	CORNFLAKES/COCOS	MILK	RAJMA	ALOO FRY	RICE	CHAPATI		RAITA			11-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	KADHAI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
12-Oct	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER			12-Oct	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA			
13-Oct	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	CHOLEY	MIX VEG	PLAIN RICE	CHAPATI	SALAD				13-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	MEETHE BOONDI		
14-Oct	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN			14-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
15-Oct	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA				15-Oct	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	JEERA ALOO	PL RICE	ROTI	SALAD	SHAHI TIKDA		
16-Oct	FRIDAY		DALIYA		BANANA									16-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY			
17-Oct	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	ALOO PALAK	PLAIN RICE	CHAPATI		RICE KHEER			17-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	PL RICE	ROTI		BESAN LADOO		
18-Oct	SUNDAY		ALOO PARANTHA	CURD		VEG MANCHURIAN	VEG NOODLES	FRIED RICE				CUSTURD		18-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
19-Oct	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER			19-Oct	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	SOYA RICE	ROTI	MIX VEG RAITA			
20-Oct	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD				20-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	SUJI HALWA		
21-Oct	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN			21-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
22-Oct	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA				22-Oct	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHOLEY	JEERA ALOO	PL RICE	ROTI	SALAD	FRUIT CUSRURD		
23-Oct	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI					23-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY			
24-Oct	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER			24-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO		
25-Oct	SUNDAY		ALOO PARANTHA	CURD		RAJMA	ALOO FRY	RICE	CHAPATI		RAITA			25-Oct	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	KADHAI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
26-Oct	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER			26-Oct	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	VEG PULAO	ROTI	MIX VEG RAITA			
27-Oct	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD				27-Oct	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOSHI ADRAKI	PLAIN RICE	ROTI	SALAD	SUJI HALWA		
28-Oct	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN			28-Oct	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY			
29-Oct	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA				29-Oct	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHOLEY	JEERA ALOO	PL RICE	ROTI	SALAD	FRUIT CUSRURD		
30-Oct	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER			30-Oct	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY			
31-Oct	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	BHINDI MASALA	VEG BIRYANI	CHAPATI		SEVIYAN			31-Oct	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO		

HARD BOILED EGG, MILK, BISCUIT AND BANANA

NIGHT MILK 24:15 hr