Sehwag International School -December15 MENU

COURSE	DAYS	EARLY MORNING MEAL	BREAK FAST 9.10 - 9:30 hr			LUNCH 12:45 - 13:30 hr					
1-Dec	TUESDAY	HARD BOILED EGG,MILK,BUISCUIT AND BANANA	LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
2-Dec	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
3-Dec	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO MUTTER	VEG RICE	CHAPATI	JEERA RAITA	
4-Dec	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER
5-Dec	SATURDAY		PASTA		BOURNVITA	CHOLEY	PETHA MASALA	PLAIN RICE	POORI	RAITA	
6-Dec	SUNDAY		BREAD OMELLETE	CORNFLAKES/COCOS	MILK	RAJMA	ALOO FRY	RICE	CHAPATI		RAITA
7-Dec	MONDAY		NAMKIN SEVIYAN		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER
8-Dec	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	CHOLEY	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
9-Dec	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
10-Dec	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA	
11-Dec	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
12-Dec	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	AILOO PALAK	PLAIN RICE	CHAPATI		RICE KHEER
13-Dec	SUNDAY		ALOO PARANTHA	CURD		VEG MANCHURIAN	VEG NOODLES	FRIED RICE			CUSTURD
14-Dec	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER
15-Dec	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
16-Dec	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
17-Dec	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA	
18-Dec	FRIDAY		DALIYA		BANANA	KADHI	VEG JALFREJI	ONION RICE	CHAPATI		
19-Dec	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER
20-Dec	SUNDAY		ALOO PARANTHA	CURD		RAJMA	ALOO FRY	RICE	CHAPATI		RAITA
21-Dec	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER
22-Dec	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
23-Dec	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
24-Dec	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA	
25-Dec	FRIDAY		DALIYA		BANANA	KADHI	ALOO TAMATAR RASSA	JEERA RICE	CHAPATI		RICE KHEER
26-Dec	SATURDAY		POTATO TOAST WITH SAUCE		BOURNVITA	DAL TADKA	PALAK CORN	PLAIN RICE	CHAPATI		RICE KHEER
27-Dec	SUNDAY		ALOO PARANTHA	CURD		RAJMA	ALOO FRY	RICE	CHAPATI		RAITA
28-Dec	MONDAY		NAMKIN DALIA		BOURNVITA	PANCHRATNI DAL	KHATTA MEETHA PETHA	TADKA RICE	CHAPATI		RICE KHEER
29-Dec	TUESDAY		LAUKI CHANA WITH PLAIN PARANTHA		HORLICKS	LOBIA	MIX VEG	PLAIN RICE	CHAPATI	SALAD	
30-Dec	WEDNESDAY		IDLI & SAMBHAR		BANANA	MIX DAL	PANEER PASANDA	PLAIN RICE	CHAPATI		SEVIYAN
31-Dec	THURSDAY		PAV WITH ALOO BHAJI		BOURNVITA	DAL AMRITSARI	ALOO GAJAR MUTTER	PLAIN RICE	CHAPATI	JEERA RAITA	

Sehwag International School -December15. MENU

COURSE	DAYS	BEFORE SPORTS DRINK	EVENING SNACKS 5:30PM		DINNER 8:00PM-8:30PM						NIGHT MILK 21.15 hr
1-Dec	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	JALEBI	
2-Dec	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
3-Dec	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	GAJAR ALOO MUTTER	PL RICE	ROTI	SALAD	FRUIT CUSRURD	
4-Dec	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY		
5-Dec	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	SOYA RICE	ROTI	SALAD	GULAB JAMUN	
6-Dec	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	KADHAI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
7-Dec	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	SARSON KA SAAG	VEG PULAO	ROTI	MIX VEG RAITA		
8-Dec	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	MEETHE BOONDI	
9-Dec	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
10-Dec	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	RAJMA	ALOO METHI	PL RICE	ROTI	SALAD	SHAHI TIKDA	
11-Dec	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY		
12-Dec	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	LOBIA	VEG JALFREJI	PL RICE	ROTI		GAJAR KA HALWA	
13-Dec	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
14-Dec	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	GATTA CURRY	SOYA RICE	ROTI	MIX VEG RAITA		
15-Dec	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	AJWAINI ARVI	PLAIN RICE	ROTI	SALAD	SUJI HALWA	
16-Dec	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
17-Dec	THURSDAY	LEMON WATER	LIME JUICE	VEG SANDWICH	CHOLEY	GAJAR ALOO MUTTER	PL RICE	ROTI	SALAD	FRUIT CUSRURD	
18-Dec	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY		
19-Dec	SATURDAY	LEMON WATER	BANANA SHAKE	VEG SANDWICH	KADHI PAKORA	VEG JALFREJI	PL RICE	ROTI	SALAD	BESAN LADOO	
20-Dec	SUNDAY	LEMON WATER	TUCK SHOP	TUCK SHOP	DAL HARYALI	KADHAI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
21-Dec	MONDAY	LEMON WATER	LIME JUICE	PAV BHAJI	DAL PUNJABI	SARSON KA SAAG	VEG PULAO	ROTI	MIX VEG RAITA		
22-Dec	TUESDAY	LEMON WATER	BANANA SHAKE	CUT FRUIT	DAL BASANTI	ALOO GOBHI ADRAKI	PLAIN RICE	ROTI	SALAD	SUJI HALWA	
23-Dec	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
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29-Dec	WEDNESDAY	LEMON WATER	JALJEERA	VEG NOODLES	DAL HARYALI	SHAHI PANEER	ONION RICE	ROTI	CHICKEN CURRY		
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31-Dec	FRIDAY	LEMON WATER	ROOHAFZA SHAKE	CUT FRUIT	DAL PUNJABI	PANEER BUTTER MASALA	JEERA RICE	ROTI	EGG CURRY		