



Sehwag International School -December15 MENU



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

HARD BOILED EGG, MILK, BISCUIT AND BANANA

NIGHT MILK 21.15 hr