

## HXLS-GCE LUNCH MENU- OCTOBER'23

GCE Lunch Menu for Oct'23				
Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Break</b>	3 <ul style="list-style-type: none"> <li>Shahi paneer</li> <li>Arhar Dal</li> <li>Roti &amp; Rice</li> <li>Cucumber kimchi salad</li> </ul>	4 <ul style="list-style-type: none"> <li>Rajma Gravy</li> <li>Aloo karela</li> <li>Roti &amp; Rice</li> <li>Buttermilk</li> </ul>	5 <ul style="list-style-type: none"> <li>Mixed dal fry (dhaba style)</li> <li>Gobi, gajar, matar masala</li> <li>Roti &amp; Rice</li> <li>Boondi raita</li> </ul>	6 <ul style="list-style-type: none"> <li>Vegetable Noodles</li> <li>Spring onion and veg fried rice</li> <li>Stir fried veggies in Asian gravy</li> <li>Doughnut</li> </ul>
9 <ul style="list-style-type: none"> <li>Lauki chana Dal</li> <li>Arbi Masala</li> <li>Rice &amp; Roti</li> <li>Steamed sprouts salad with cucumber, onion and carrot</li> </ul>	10 <ul style="list-style-type: none"> <li>Kadhi pakora</li> <li>Methi Aloo</li> <li>Roti &amp; Rice</li> <li>Fryums</li> </ul>	11 <ul style="list-style-type: none"> <li>Methi Paratha with sweet mango pickle</li> <li>Green Peas pulao</li> <li>Grated Cucumber raita</li> <li>Coconut barfi</li> </ul>	12 <ul style="list-style-type: none"> <li>Palak Paneer</li> <li>Mixed dal</li> <li>Rice &amp; Roti</li> <li>Corn, tomato and cucumber salad</li> </ul>	13 <ul style="list-style-type: none"> <li>Plain dosa with dry aloo in south Indian garnish</li> <li>Coconut chutney</li> <li>Sambhar</li> <li>Lemon Vermicelli</li> <li>Kesariya halwa</li> </ul>
16 <ul style="list-style-type: none"> <li>Dal Panchmel</li> <li>Paneer do pyaza</li> <li>Roti &amp; Rice</li> <li>Grated beetroot &amp; peanuts salad with salt, pepper &amp; lemon (thickly grated)</li> </ul>	17 <ul style="list-style-type: none"> <li>Pav bhaji</li> <li>Puliogare</li> <li>Buttermilk</li> </ul>	18 <ul style="list-style-type: none"> <li>Moong Dal</li> <li>Veg. Navratan Korma</li> <li>Roti &amp; Rice</li> <li>Green Salad</li> </ul>	19 <ul style="list-style-type: none"> <li>Ghiya kofta</li> <li>Mixed Veg</li> <li>Rice &amp; Roti</li> <li>Sweet Lassi</li> </ul>	20 <ul style="list-style-type: none"> <li>Chhole gravy</li> <li>Dry aloo</li> <li>Jeera rice</li> <li>Bedmi Poori</li> <li>Fruit custard</li> </ul>
23  <b>Dussehra Break</b>	24  <b>Dussehra Break</b>	25 <ul style="list-style-type: none"> <li>Mixed dal</li> <li>Paneer bhurji</li> <li>Roti &amp; Rice</li> <li>Cucumber kimchi salad</li> </ul>	26 <ul style="list-style-type: none"> <li>Aloo paratha with sweet lime pickle</li> <li>Vegetable pulao</li> <li>Curd</li> </ul>	27 <ul style="list-style-type: none"> <li>Black chana curry</li> <li>Kaddu ki sabji</li> <li>Roti &amp; Rice</li> <li>Banana walnut Muffin</li> </ul>
30 <ul style="list-style-type: none"> <li>Rajma Gravy</li> <li>Lauki masala</li> <li>Roti &amp; Rice</li> <li>Buttermilk</li> </ul>	31 <ul style="list-style-type: none"> <li>Arhar dal</li> <li>Gobhi capsicum do pyaza</li> <li>Roti &amp; Rice</li> <li>Gulab Jamun</li> </ul>			

*Allergy Statement: The food highlighted in blue and green items contains lactose or nuts. Avoid if the child has LACTOSE INTOLERANCE or NUT & PEANUT allergy.*

*Disclaimer: The menu may change according to the availability of raw materials and weather conditions.*