



## Lunch Menu, November-2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOLIDAY ON ACCOUNT OF KARWA CHAOUTH	2 DAL PANCHRATAN, KATHAL MASALA, CHAPATI, VEG RICE, GREEN SALAD, ORANGE	3 IDLY, SAMBHAR, TOMATO CHUTNEY, TAMARIND RICE, SPROUTS SALAD, RAWA KESARI	4 SAAG, LACHA PARANTHA, CUCUMBER RADISH SALAD, FOXTAIL MILLET HALWA
6 URAD CHANA DAL, MIX VEG, SPINACH CHAPATI, RICE, GREEN SALAD, <b>BOONDI RAITA</b>	7 <b>KADHI PAKORA</b> , METHI ALOO, CHAPATI, RICE, CUCUMBER BEETROOT SALAD, BANANA	8 VEG SOUP, FOCASIA BREAD, <b>BAKED VEGETABLES</b> , <b>RED SAUCE PASTA WITH VEGGIES</b> , MEXICAN RICE RAINBOW SALAD	9 <b>DAL BUKHARA</b> , CARROT & PEAS SABZI, BEETROOT CHAPATI, RICE, <b>JEERA RAITA</b> , KACHUMBAR SALAD	10 RAJMAH MASALA, <b>PANEER KADHAI VEGETABLES</b> , RICE, CUCUMBER RADISH SALAD, <b>BESAN LADOO</b>	11
13 DIWALI BREAK	14 DIWALI BREAK	15 HOLIDAY ON ACCOUNT OF BHAII DOOJ	16 <b>VEG BURGER</b> , <b>HONEY CHILLI POTATO</b> , VEG FRIED RICE, VEG MANCHURIAN, CORN SALAD, <b>FRUIT VERNIS</b>	17 <b>PANEER KATHI ROLL</b> , HYDERABADI VEG BIRYANI, <b>TADKA RAITA</b> , <b>GREEN CHUTNEY</b> , CUCUMBER CARROT SALAD	18
20 <b>DAAL TADKA</b> , <b>MATAR PANEER</b> , CHAPATI, VEG RICE, BEETROOT CUCUMBER SALAD	21 ALOO MATAR RASSEDAR, DAL PARANTHA, <b>DAHI BHALLA</b> , SAUNTH, VEG PULAO, GREEN SALAD, APPLE/ORANGE	22 KALA CHANA RASSEDAR, MATAR GAJAR SABZI, METHI CHAPATI, RICE, GREEN SALAD <b>GUD CHIKKI</b>	23 VADA, SAMBHAR, <b>COCONUT CHUTNEY</b> , <b>LEMON RICE</b> , KACHUMBAR SALAD,	24 DAL PUNJABI, <b>SHAHI PANEER</b> , VEG RICE, ROTI, CUCUMBER CARROT SALAD, <b>AATE KA HALWA</b>	25
27 HOLIDAY ON ACCOUNT OF GURUPURAB	28 PINDI CHANA, PALAK PURI, SWEET N SOUR PUMPKIN, VEG. PULAO, GREEN SALAD, <b>RICE KHEER</b>	29 PAV, <b>BHAJI</b> , VEG PULAV WITH KALA CHANA, <b>GRATED CUCUMBER RAITA</b> , <b>PAPAYA SALAD</b>	30 VEG SWEET CORN SOUP, <b>DAL MAKHANI</b> , <b>MALAI KOFTA</b> , SPINACH CHAPATI, RICE, CARROT CUCUMBER SALAD		

**Allergy Statement: The food highlighted in blue and green items contains lactose or nuts. Avoid if the child has**

