



**Food Menu**  
2<sup>nd</sup> & 4<sup>th</sup> week



**Monday**

**Breakfast:**  
Porridge (Oats), Brown Bread/Butter/Jam/Flavoured Milk/Milk, Fried Egg, Poori –Baaji, Poha-Chutney

**Morning Snack:**  
Flavoured Juice & Choc Chip Cookies

**Lunch:**  
Green Salad, Tawa Paratha, Bhendi Bajji, Rice, Channa Dal, Puliogare Rice, Aloo Jeera, Nachos, Kerala Chicken, Curd/Pickle & Fruit Salad

**Afternoon Snack:**  
Samosa

**Tuesday**

**Breakfast:**  
Cornflakes, Brown Bread/Butter/Jam, Milk/Flavoured Milk, Omelette, Vada & Pongal Chutney

**Morning Snack:**  
Lemon Juice & Cashew Cookies

**Lunch:**  
Waldrof Salad, Chapathi, Kadai Veg, Rice, Dal Makhani, Bisibelle Bath, Carrot Beans Poriyal, Spaghetti-Sauce, Corn Flakes chicken, Curd-Pickle & Gulab Jamoon

**Afternoon Snack:**  
Choco Cup Cake

**Wednesday**

**Breakfast:**  
Chocos, Brown Bread/Butter/Jam, Milk/Flavoured Milk, Omelette, Idli- Sambar & Pan Cake-Honey

**Morning Snack:**  
Flavoured Juice & Jam Cookies

**Lunch:**  
Sprouted Salad, Delhi Kulcha, Aloo Dum, Rice, Green Moong Dal, Veg Pulao, Garlic Bread, Veg Augratin, Grilled Chicken, Curd-Pickle, Belgium Pastry

**Afternoon Snack:**  
Sandwich

**Thursday**

**Breakfast:**  
Porridge (Oats), Brown Bread/Butter/Jam, Milk/Flavoured Milk, Fried Egg, Masala Dosa, Chutney/Sambar

**Morning Snack:**  
Flavoured Juice & Marble Cookies

**Lunch:**  
Russian Salad, Chapathi, Green Peas Masala, Rice, Sambar, Afghani Pulao, Paneer Manchurian, Papad, Chicken Do Pyaza, Curd-Pickle, Moong Dal Payasam

**Afternoon Snack:**  
Doughnut



## Friday

### **Breakfast:**

Chocos, Brown Bread/Butter/Jam,  
Milk/ Flavoured Milk, French  
Toast, Chow Chow Bath, Kesari  
Bath, Kesari Bath & Chutney

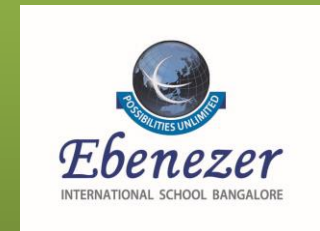
### **Morning Snack:**

Flavoured Juice & Almond  
Cookies

### **Lunch:**

Channa Chat Salad, Phulka, Rice,  
Rasam, Baingan Katta, Veg  
Biryani, Mutton Macroni Salad,  
Veg Biryani, Mutton Biryani,  
Raitha – Pickle & Ice Cream

### **Afternoon Snack:**



Ebenezer International School  
Singena Agrahara Road  
Via Huskur Road / A.P.M.C. Yard  
Huskur P.O., Electronic City  
Bangalore - 560099