



Food Menu 2nd & 4th week



Monday

Breakfast:

Oats, Chocos, Banana, Orange Juice, Bread/Butter/Jam, Omelette, Idli, Vada, Chutney & Sambar

Morning Snack:

Flavoured Juice & Choc Chip Cookies

Lunch:

Green Salad, Tawa Paratha, Malai Kofta Curry, Rice, Dal Makhani, Poriyal, Veg Fried Rice, Veg Noodles, Chicken Do Pyaza, Curd-Pickle & Choc Ball

Afternoon Snack:

Choc Croissant

Evening Snacks:

Samosa & Sweet Lime Juice

Dinner

Salad, Chapathi, Veg Poriyal, Gobi Fry, White Rice, Dal/Rasam, Fish Fry, Curd & Vanilla Ice Cream

Tuesday

Breakfast:

Oats, Chocos, Pineapple, Watermelon Juice, Bread/Butter/Jam, Omelette, Pav, Baaji, Pongal & Chutney

Morning Snack:

Lemon Juice & Cashew Cookies

Lunch:

Waldrof Salad, Chapathi, Butter Paneer, Rice, Loby Dal, Bisibelle Bath, Gobi Manchurian, Spaghetti – Sauce, Barbeque Chicken, Curd-Pickle & Indian Sweet

Afternoon Snack:

Aloo Bun

Evening Snacks:

Spring Roll & Cold Coffee

Dinner

Soup, Salad, Tawa Paratha, Veg Jaipuri, White Rice, Rasam, Mutton Curry, Curd & Banana

Wednesday

Breakfast:

Oats, Chocos, Apple, Muskmelon Juice, Bread/Butter/Jam, Milk/Flavoured Milk, Omelette, Dosa, Aloo, Sambar & Chutney

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Sprouted Salad, Phulka, Channa Masala, Rice, Dal Palak, Puliogare Rice, Honey Chilly Potato, Garlic Bread Toast, Grilled Chicken, Curd-Pickle & Belgium Pastry

Afternoon Snack:

Mint Sandwich

Evening Snacks:

Hot Dog & Milk Shake

Dinner

Salad, Chapathi, Veg Kofta Curry, Mexican Rice, Sauce, Paneer Chilly, Chilly Chicken, Curd & Chocolate Ice Cream

Thursday

Breakfast:

Oats, Chocos, Watermelon, Chicoo Juice, Bread/Butter/Jam, Omelette, Pooori, Aloo Baaji & Chutney

Morning Snack:

Flavoured Juice & Marble Cookies

Lunch:

Channa Chat Salad, Paratha, Kadala Curry, Rice, Rasam, Veg Burger, Baingan Katta, Lemon Rice, Chicken Burger, Raitha-Pickle & Mousse

Afternoon Snack:

Doughnut

Evening Snacks:

Cheese Toast & Cold Coffee

Dinner

Soup, Salad, Rumali Roti, Rice, Sambar, Rasam, Rasam, Egg Curry, Curd, Apple & Kulfi



Friday

Breakfast:

Oats, Chocos, Musk Melon Apple Milk Shake, Bread/ Butter/Jam, Omelette, Pan Cake, Honey, Upma & Chutney

Morning Snack:

Flavoured Juice & Almond Cookies

Lunch:

Russian Salad, Chapathi, Bhendi Masala, Rice, Sambar, Tomato Pulao, Aloo Gobi, Nachos, Chicken Chettinad, Curd-Pickle & Fruit Custard

Afternoon Snack:

Cutlet

Evening Snack:

Doughnut & Milk Shake

Dinner

Salad, Batura, Channa Masala, Veg Fried Rice, Chicken Fried Rice, Watermelon & Strawberry Ice Cream



Sunday

Breakfast:

Oats, Bread/Butter/Jam, Chocolate Milk Shake, Guava, Omelette, Salami, Sausage, Smiley Potato Poha & Chutney

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Green Salad, Veg Biryani, Baby Corn Manchurian, Raitha, Tomato Katta, Mutton Biryani, Rice, Rasam, Papad

Afternoon Snack:

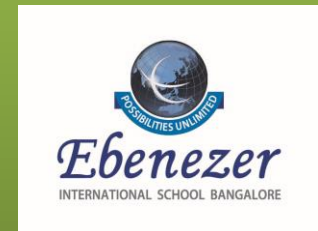
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Evening Snack:

Nutella Chocolate Bread & Lassi

Dinner

Salad, Phulka, Kadai Paneer, Pasta-Sauce, Chilly Potato, Dal Amritsari, Veg/Chicken Lasagnea & Carrot Halwa



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