



Food Menu
June 27 -July 03



Monday

Breakfast:
Cornflakes, Flavoured Milk,
Fried Egg, Bread/Butter/Jam,
Idli Vada, Sambar, Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Pasta with Sauce, Egg
Kurma, Panner with Mushroom
Dopiaza, Beans Vegetable Fry,
Curd . Fruit

Afternoon Snack:
Vada Pav

Evening Snack:
French Fries & Juice

Dinner:
Green Salad, Rice, Ceylon
Paratha, Palak Kofta Gravy,
Palak Chicken Curry, Dhal fry,
Curd & Trifle Pudding

Tuesday

Breakfast:
Chocos, Flavoured Milk, Boiled
Egg Bread/Butter/Jam, Poha

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Green Dhal Tadka,
Veg Kadai, Rasam, Papad, Curd,
Fruit

Afternoon Snack:
Hot Dog

Evening Snack:
Masala Bun & Juice

Dinner:
Coleslaw Salad, Veg Pulao,
Paratha, Chicken 65, Gobi65,
Curd & Cheese Cake

Wednesday

Breakfast:
Cornflakes, Flavoured Milk,
Scrambled Egg,
Bread/Butter/Jam, Chow Chow
Bath, Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Jeera Roti, Chicken/Panner
Rogan Gosh curry, Cabbage
Vegetable Fry, Curd, Fruit

Afternoon Snack:
Walnut Cake

Evening Snack:
English Muffin & Juice

Dinner:
Toss Salad, Rice, Roti, Curry,
Green Dhal fry, Veg Jalfrezi,
Curd & Kiwi Pastry

Thursday

Breakfast:
Chocos, Flavoured Milk, Omelette
with Onion Tomato,
Bread/Butter/Jam, Masala Dosa,
Sambar, Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Veg Biryani, Raitha, Brinjal
Curry, Ice-Cream

Afternoon Snack:
Pav Bhaji

Evening Snack:
Onion Samosa & Juice

Dinner:
Green Salad, Rice, Butter Naan,
Rajma Curry, Chicken/Panner
Kolhapuri, Curd, Jelly with Fruit



Friday

Breakfast:

Cornflakes, Flavoured Milk,
Egg Burjia,
Bread/Butter/Jam, Vermicelli
Bath & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Ghee Rice, Roti, Chicken Kabab,
Panner Gobi Kabab, Dhal Fry,
Beetroot Vegetable Fry, Curd &
Fruit

Afternoon Snack:

Veg Puffs

Evening Snack:

Strawberry Cake & Juice

Dinner:

Green Salad, Rice, Veg/Egg
Noodles, Lauki Chenna Dhal,
Gobi Manchurian Sauce & Gulab
Jamoon



Saturday

Breakfast:

Chocos, Flavoured Milk, Masala
Omelette, Bread/Butter/Jam,
Chena Batura

Morning Snack:

Fresh Juice & Cookies

Lunch:

Ghee Rice, Chapathi, Butter
Panner, Prawn Chilly, Vegetable
Fry, Curd, & Fruit

Afternoon Snack:

N.A.

Evening Snack:

French Toast & Juice

Dinner:

Russian Salad, Rice Sambar,
Chicken Pizza, Veg Pizza,
French Fries, & Pastry, Fruit

Sunday

Breakfast:

Cornflakes, Flavoured Milk, Plain
Omelette, Bread/Butter/Jam,
Chicken Sausage, Fried Potatoes,
Toast & Veg Cutlet

Morning Snack:

Fresh Juice & Cookies

Lunch:

Chicken/Veg Biryani, Raitha &
Ice Cream

Afternoon Snack:

N A

Evening Snack:

Sloppy Joe & Juice

Dinner:

Green Salad, Rice, Roti, Aloo
Jeera, Veg Kadai, Curd,
Chicken/Beef Fry, Papad, Pickle,
Payasam



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