



Food Menu
July 18- 24



Monday

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

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Pasta with Sauce, Egg
Kurma, Panner with Mushroom
Dopiaza, Sambar, Curd & Fruit

Afternoon Snack:
Vada Pav

Evening Snack: chocolate
Doughnut & Juice

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

Tuesday

Breakfast:
Chocos, Flavoured Milk, Boiled
Egg, Bread/Butter/Jam, Chow
Chow Bath & Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Roti, Green Dhal Tadka, Veg
Kadai, Veg Noodles with Sauce
Rasam, Papad, Curd & Fruit

Afternoon Snack:
Hotdog

Evening Snack:
Masala Bun & Juice

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

Wednesday

Breakfast:
Cornflakes, Flavoured Milk,
Scrambled Egg,
Bread/Butter/Jam, Vermicelli
with Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Rice, Jeera Roti, Chicken Rogan
Josh, Rogan Josh Panner curry,
Beans Vegetable fry, Pasta with
Sauce, Curd & Fruit

Afternoon Snack:
Masala Vada

Evening Snack:
English Muffin & Juice

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

Thursday

Breakfast:
Chocos, Flavoured Milk, Omelette
with Onion Tomato,
Bread/Butter/Jam, Onion
Uthappam, Sagu & Chutney

Morning Snack:
Fresh Juice & Cookies

Lunch:
Veg Biryani, Roti, Raitha, Brinjal
Curry, Beetroot Vegetable Fry,
Curd & Fruit

Afternoon Snack:
Cream Bun

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, Burjia, Bread/Butter/Jam, Masala Dosa & Chutney

Morning Snack:

Fresh Juice & Cookies

Lunch:

Jeera Rice, Roti, Pepper Chicken/ Panner ,Dhal Fry, Bindi Masala Pasta with Red Sauce, Curd & Fruit

Afternoon Snack:

Veg Puffs

Evening Snack:

Kati Rolls & Juice

Dinner:

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

Saturday

Breakfast:

Chocos, Flavoured Milk, Masala Omelette, Bread/Butter/Jam, Chana Bhatara

Morning Snack:

Fresh Juice & Cookies

Lunch:

Ghee Rice, Chapathi, Butter Panner Masala, Fish Fry, Cabbage Vegetable Fry, Curd, & Fruit

Afternoon Snack:

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Evening Snack:

French Toast & Juice

Dinner:

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

Sunday

Breakfast:

Cornflakes, Flavoured Milk, Plain Omelette, Bread/Butter/Jam, Chicken Salami 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 Kurma, Curd, Papad, Pickle & Payasam



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