



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



### Monday

**Breakfast:**

Porridge (Oats), Brown Bread/  
Butter/Jam, Milk/Flavoured Milk,  
Fried Egg, Poori- Baaji, Poha &  
Chutney

**Morning Snack:**

Flavoured Juice & Choc Chip  
Cookies

**Lunch:**

Sprouted Salad, Tawa Paratha,  
Veg Jalfrezi, Rice, Sambar, Aloo  
Capsicum – Veg, Spaghetti-Sauce,  
Lemon Rice, Chicken Masala-  
Non-Veg, Curd-Pickle & Gulab  
Jamoon

**Afternoon Snack:**

Samosa

**Evening Snacks:**

Mini Pizza & Flavoured Juice

**Dinner**

Salad Bar, Batura, Channa  
Masala, Rice, Dal Fry, Gobi  
Tomato, Fish Fry, Curd-Pickle &  
Fruit

### Tuesday

**Breakfast:**

Cornflakes, Brown Bread/  
Butter/Jam, Milk/Flavoured Milk,  
Omelette, Pan Cake-Honey &  
Pongal - Chutney

**Morning Snack:**

Lemon Juice & Cashew Cookies

**Lunch:**

Waldrof Salad, Delhi Kulcha,  
Mushroom Makhai Mutter, Rice,  
Palak Dal, Honey Chilly Potato-  
Veg, Boiled Veg, Bisibelle Bath,  
Barbeque Chicken-Non Veg,  
Curd-Pickle & Fruit Salad

**Afternoon Snack:**

Brownie

**Evening Snacks:**

Spring Roll & Flavoured Juice

**Dinner**

Soup, Salad Bar, Phulka, Green  
Peas Masala, Rice, Sambar, Gobi  
Manchurian, Veg Lasagnea,  
Curd-Pickle & Pastry

### Wednesday

**Breakfast:**

Chocos, Brown Bread/  
Butter/Jam, Milk/Flavoured Milk,  
Omelette, Idli- Vada, Sambar-  
Chutney, Rice for Boarders

**Morning Snack:**

Flavoured Juice & Jam Cookies

**Lunch:**

Channa Salad, Phulka, Sahi  
Paneer, Rice, Dal Makhani,  
Carrot Beans Poriyal-Veg,  
Singapore Noodles, Grilled  
Chicken, Curd rice, Curd-Pickle  
& Payasam

**Afternoon Snack:**

Olive Cheese Roll

**Evening Snacks:**

Mini Burger & Flavoured Juice

**Dinner**

Salad Bar, Aloo Paratha, Veg  
Kofta Curry, Rice, Pepper Rasam,  
Veg Au gratin, Prawns Tempura,  
Curd-Pickle & Fruit

### Thursday

**Breakfast:**

Porridge (Oats), Brown  
Bread/Butter/Jam, Milk/Flavoured  
Milk, Fried Egg, Set Dosa &  
Chutney/Sambar, Rice for  
Boarders

**Morning Snack:**

Flavoured Juice & Marble  
Cookies

**Lunch:**

Sweet Corn Salad, Chapathi, Veg  
Khurma, Rice, Kadi Pakodi, Veg  
Subzi, French Fries-Veg, Yellow  
Curry Fried Rice, Chicken do  
Pyaza, Pickle & Pastry

**Afternoon Snack:**

Paneer Puffs

**Evening Snacks:**

Doughnut & Flavoured Juice

**Dinner**

Soup, Salad Bar, Phulka, Palak  
Paneer, Rice, Tomato Dal, Aloo  
Jeera, Schezwan Egg, Curd -  
Pickle & Mousse



## Friday

### Breakfast:

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

### Morning Snack:

Flavoured Juice & Almond  
Cookies

### Lunch:

Green Salad, Garlic Cheese  
Bread, Veg Biryani, Tomato  
Katta, Raitha-Pickle, Mutton  
Biryani, Rice, Rasam, Veg  
Poriyal, Maggi Noodles & Ice  
Cream

### Afternoon Snack:

Sandwich

### Evening Snack:

Masala Vada & Cold Coffee

### Dinner

Salad Bar, Tawa Paratha, Veg  
Jaipuri, Mexican Rice, Mash  
Potato, Veg Cutlet, Pasta-Sauce,  
Curd-Pickle & Fruit



## Saturday

### Breakfast:

Porridge (Oats), Brown  
Bread/Butter/Jam, Milk/Flavoured  
Milk, Schezwan Egg, Akki Roti,  
Curd-Pickle, Chutney, Cheese Toast

### Morning Snack:

Flavoured Juice & Coconut  
Cookies

### Lunch:

Punjabi Salad, Chapathi, Butter  
Paneer, Rice, Moong Dal  
Harapyasa, Puliogare Rice,  
Finger Chips, Butter Chicken,  
Curd-Pickle, Papad & Choco  
Lava

### Afternoon Snack:

N.A.

### Evening Snack:

Spl Cup Cake & Flavoured Juice

### Dinner

Salad Bar, Kerala Paratha, Kadala  
Curry, Afghani Pulao, Dal Makhani,  
Bhendi Baaji, Chicken Kabab, Curd-  
Pickle, & Pastry

## Sunday

### Breakfast:

Chocos, Bread/Butter/Jam,  
Milk/Flavoured Milk, Chicken  
Sausage, Masala Dosa, Sambar &  
Chutney

### Morning Snack:

Flavoured Juice & Jam Cookies

### Lunch:

Corn Salad, Salad, Rumali Roti,  
Veg Khurma, Rice, Sambar, Veg  
Pizza, Chicken Pizza, Curd,  
Pickle & Fruit

### Afternoon Snack:

N.A.

### Evening Snack:

Grilled Sandwich & Flavoured  
Juice

### Dinner

Salad Bar, Veg Katti Roll, Chicken  
Katti Roll, Rice, Rasam, Poriyal,  
Curd-Pickle & Ice Cream



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