



Food Menu 1st & 3rd week



Monday

Breakfast:

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

Morning Snack:

Flavoured Juice & Choco Chip
Cookies

Lunch:

Green Salad, Tawa Paratha,
Bhendi Masala, Rice, Channa
Dal, Puliogare Rice, Carrot Beans
Poriyal, Veg Noodles, Chicken
65, Curd -Pickle & Fruit Salad

Afternoon Snack:

Samosa

Evening Snacks:

Choc Croissant & Flavoured
Juice

Dinner:

Salad Bar, Chapati, Veg Jaipuri,
Honey Chilly Potato, Rice, Loby
Dal, Prawns Tempura & Swiss
Roll

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, Rajma Dal, Bisibelle
Bath, Cabbage Poriyal, Spaghetti-
Sauce, Corn Flakes Chicken,
Curd-Pickle & Gulab Jamoon

Afternoon Snack:

Choc Cup Cake

Evening Snacks:

Aloo Bonda & Flavoured Juice

Dinner:

Soup, Salad Bar, Batura, Channa
Masala, Aloo Gobi, Rice, Sambar,
Veg/Chicken Fried Rice &
Pastry.

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, Phulka, Butter
Paneer Masala, Rice, Dal Palak,
Puliogare Rice, Garlic Bread,
Mash Potato, Chilly Chicken,
Curd-Pickle & Belgium Pastry

Afternoon Snack:

Sandwich

Evening Snacks:

Veg Puffs & Flavoured Juice

Dinner:

Salad Bar, Tawa Paratha, Veg
Kofta Curry, Gobi Manchurian,
Rice, Green Moong Dal, Fish Fry
& Choc Ball

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, Kerala Paratha,
Kadala Curry, Rice, Sambar, Veg
Fried Rice, Chilly Paneer, Papad,
Chicken Chettinad, Curd-Pickle
& Moong Dal Payasam

Afternoon Snack:

Doughnut

Evening Snacks:

Masala Vada & Flavoured Juice

Dinner:

Soup, Salad Bar Phulka,
Mushroom Makhai Mutter, Rice,
Dal, Pasta-Sauce, Linseed
Chicken & Fruits



Friday

Breakfast:

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

Morning Snack:

Flavoured Juice & Almond Cookies

Lunch:

Channa Chat Salad, Delhi Kulcha, Mix Veg Curry, Rice, Rasam, Maggi Noodles, Baingan Katta, Veg Biryani, Chicken Biryani, Raitha – Pickle & Ice Cream.

Afternoon Snack:

Sandwich

Evening Snack:

Grilled Sandwich & Cold Coffee

Dinner

Salad Bar, Chapathi, Crispy Veg, Rice, Moong Dal, Nachos, Chicken Kabab & Pastry



Sunday

Breakfast:

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

Morning Snack:

Flavoured Juice & Jam Cookies

Lunch:

Green Salad, Rumali Roti, Aloo Dum, Rice, Rasam, Veg Subji, Veg Cutlet, Papad, Butter Chicken, Curd-Pickle & Milk Shake

Afternoon Snack:

N.A.

Evening Snack:

Spl Cup Cake & Flavoured Juice

Dinner:

Salad Bar, Kerala Paratha, Kadala Curry, Rice, Aloo Mehti, Sambar, Kerala Chicken & Ice Cream.

Saturday

Breakfast:

Porridge (Oats), Brown Bread/Butter/Jam, Flavoured Milk/Milk, Fried Egg, Aloo Paratha, Sevige Bath, Curd/Pickle & Chutney.

Morning Snack:

Flavoured Juice & Coconut Cookies

Lunch:

Kosembari Salad, Phulka, Green Peas Masala, Rice, Dal Makhani, Roast Potato, Veg Pulao, Papad, Chicken Kabab, Curd-Pickle & Fruit

Afternoon Snack:

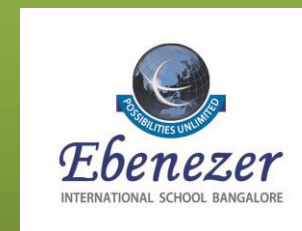
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Evening Snack:

Brownie & Flavoured Juice

Dinner:

Salad Bar, Phulka, Veg Khurma, Finger Chips, Rice, Dal Amritsari, Veg / Chicken Lasagnea & Fruit Trifle



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