

Shri Rawatpura Sarkar International School, Dhaneli

WEEKLY MENU

Only Vegetarian without Onion and Garlic

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	BREAKFAST						
07:30 a.m. Break Fast	Milk 250ml	Milk 250ml	Milk 250ml	Milk 250ml	Milk 250ml	Milk 250ml	Milk 250ml
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Idli & Coconut chutney	Green peas Kachuri & Aloo Sabji	Pav Bhaji	Methi/Muli Paratha	Masal Dosa	Aloo Bonda	Chhole Bhatoore
	Upma	Cornflakes	Poha	Samosa	Jalebi	Veg. Sandwich	Upma
Time	LUNCH						
2:15 p.m. Luch	Cucumber	Moong Sprout	Pasta Salad	Moth Sprout	Kachumar Salad	Tomato, Cucumber Ring	Toss Salad
	Jeera Rice	Plain Rice	Jeera Rice	Plain Rice	Tomato Rice	Plain Rice	Jeera Rice
	Arhar + Chana (Mix Dal)	Mix Dal	Dal Tadka	Rajma	Chhole	Dal Tadka	Mix Dal
	Roti	Roti	Roti	Roti	Roti	Roti	Puri
	Kheera	Ghugni Masala	Dum Aloo	Kurkuri Bhindi	Baigan Achari	Nauna Chana	Dry Tomato Cauliflower Veg
	Mix Veg Gravy	Soyabean	Baigan Bharta	Lauki Chana Dal	Aloo Matar	Aloo Shimla	Mix Veg
	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle	Papad & Pickle	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle
	Bundi Raita	Kheer	Mix Raita	Butter Milk	Gulab Jamun	Bundi Raita	Butter Milk
Time	Evening Snacks						
3:45 p.m. Evening Snacks	Bread Pakoda	Aloo Gunda	Kachodi	Samosa	Seasonal Fruit	Pakoda	Bhel
Time	DINNER						
7:45 p.m. Dinner	Plain Rice	Plain Rice	Plain Rice	Cauliflower Roti, Arhar, Kheer	Plain Rice	Plain Rice	Karahi, Fruit Cream
	Dal Tadka	Arhar + Chana (Mix Dal)	Paneer		Arhar + Chana (Mix Dal)	Dal Tadka	
	Roti	Roti	Roti		Roti	Roti	
	Aloo Jeera	Shahi Paneer	Pattagobhi Matar		Gwar Aloo	Kadhi/Aloo Bhujji	
	Shahi Tukda	Gulab Jamun	Halwa		Custard	Sewiya (Bombio),Ice Cream	
Time	Milk						
10:15 PM Milk 250ml	Milk 250ml						

Note:

Menu can be changed on request of Students.

Shri Rawatpura Sarkar International School

WEEKLY MENU

Only Vegetarian without Onion and Garlic

07:30 a.m. Br Milk 250ml		Milk 250ml	Milk 250ml	Milk 250ml
Time	Menu Structure	Monday	Tuesday	Wednesday
9:15 a.m.	Beverage	Horlicks	Complan	Samosa
	LUNCH	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Main Course 1	Uttapam + Sambhar/Chutney	Puri + Aloo Matar sabji	Kanjivaram Idli + Chutney
	Main Course 2	Poha	Poha	Poha
Time	LUNCH			
1:30 p.m.	Apetizer	Onion, Cucumber	Moong Sprout	Finger Salad
	Rice	Jeera Rice	Plain Rice	Onion Rice
	Dal	Arhar + Chana (Mix Dal)	Arhar + Chana (Mix Dal)	Arhar + Chana (Mix Dal)
	Bread	Roti	Roti	Roti
	Dry Vegetable	Aloo Gobhi Adraki	Jhalfrezi	Aloo Palak
	Evening Snacks	Soyabean Curry	Lauki Chana Dal	Jhurga
	Accompaniment	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle
	Yogurt/Dessert	Bundi Raita	Suji Halwa	Mix Raita
7:45 p.m. Dinner	SNACK			
5:00 p.m.	Snacks	Samosa	Paneer	Burger
Time	DINNER			
8:30 p.m.	Rice	Plain Rice	Plain Rice	
	Dal	Dal Tadka	Arhar + Chana (Mix Dal)	
	Bread	Roti	Roti	Roti
	Dry Vegetable	Baigan Masala	Pattagobhi	Aloo Bhunjdi
	Gravy Vegetable	Aloo Green Pea	Black Chana Aloo	Veg Khichdi / Pakoda Kadhi

➤ Menu are subjected to change as per availability

➤ Desserts to be served in limited quantity.

ol, Dhaneli

rlie

Milk 250ml		Milk 250ml		Milk 250ml	
Thursday	Friday	Saturday	Sunday	Thursday	Friday
BREAKFAST					
Jalebi	Veg. Sandwich	Beverage	Cornflakes Milk		
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
Gobhi Paratha + Pickle	Vegetable upma & Chutney	Vada pav	Paneer Paratha / Dahi & Pickle		
Poha	Poha	Poha	Poha		
+					
Moth Sprout	Kachumar Salad	Tomato, Cucumber Ring	Toss Salad		
Plain Rice	Tomato Rice	Plain Rice	Jeera Rice		
Dal Tadka	Arhar + Chana (Mix Dal)	Arhar + Chana (Mix Dal)	Lasuni Dal		
Roti	Roti	Roti	Puri		
Aloo Laal bhaji	Tawa Veg	Aloo Gajar Matar	Veg Crispy		
Lauki Kofta	Aloo Palak	Pumpkin Blackchana	Paneer Matar		
Thursday	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle		
Butter Milk	Sewaiya Kheer	Bundi Raita	Butter Milk		
:S					
Momos	Mangodi	Vegetable Sandwich	Pasta		
R					
Pav Bhaji Pulao	Plain Rice	Plain Rice	Plain Rice		
	Arhar + Chana (Mix Dal)	Arhar + Chana (Mix Dal)	Arhar + Chana (Mix Dal)		
	Roti	Roti	Roti		
	Capcicum Aloo	Beans / Barbatti Aloo	Aloo jeera		
	Rajma	Soya Chilli	Nanya Chana		

availability of raw material.