

\*\*\*\*\*MEAL PLANNER 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> WEEK (W.E.F. FROM -MAY 2024)\*\*\*\*\*

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
<b>BREAKFAST</b>  <b>7:30 to 8:15</b>	VEG SANDWICH HAKKA NOODLES TEA	PARATHA ====(STUFFED)==== CURD TEA	EGG TOAST DALIA TEA	VEG BURGER POHA TEA	PLAIN PARATHA EGG BHURJI CURD TEA	CHEESE PASTA =(WHITE SAUCE)= GARLIC BREAD TEA	CHOLLE KULCHE OR PAV BHAJI TEA
<b>LUNCH</b>  <b>13:00 to 14:15</b>	ARHAR DAL SEASONAL VEG ROTI RICE SALAD	RAJMA SEASONAL VEG ROTI RICE RAITA	KADHI PAKODA ALLO METHI ROTI RICE PAPAD	DAL MAKHNI SEASONAL VEG ROTI RICE RAITA	CHANA DAL SEASONAL VEG ROTI RICE SALAD	WHITE CHOLLE SEASONAL VEG ROTI RICE RAITA	MASALA KHICHDI PLAIN CURD PAPAD
<b>DINNER</b>  <b>19:30 to 20:00</b>	MOONG DAL ====(GREEN)==== SOYA CHAAP ROTI SALAD	MASOOR DAL ====(RED)==== SEASONAL VEG ROTI SALAD	VEG BIRYANI CHICKEN BIRYANI RAITA KHEER	MIX DAL MALAI KOFTA ROTI SALAD	MASOOR DAL ====(BLACK)==== PALAK PANEER ROTI SALAD	URAD CHANA DAL SEASONAL VEG ROTI SALAD	SHAHI PANEER BUTTER CHICKEN ROTI SALAD ICE CREAM

MESS MANAGER

DIRECTOR

PRINCIPAL

\*\*\*\*\*MEAL PLANNER 2<sup>nd</sup> & 4<sup>th</sup> WEEK (W.E.F. FROM- MAY 2024)\*\*\*\*\*

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
<b>BREAKFAST</b> <b>7:30 to 8:15</b>	CHEESE ..... SANDWICH.....  VEGETABLE ATTA .....NOODLES.....  TEA	PARATHA ====(STUFFED)====  PLAIN CURD  TEA	BREAD PAKODA  MASALA OATS  TEA	VADA SAMBAR  BREAD JAM  TEA	PLAIN PARATHA  PANEER BHURJI  TEA	PASTA ==(RED SAUCE)==  BUTTER TOAST  TEA	PURI BHAJI  OR CHOLLE BHATURE  TEA
<b>LUNCH</b> <b>13:00 to 14:15</b>	DAL TADKA  SEASONAL VEG  ROTI RICE  SALAD	RAJMA  SEASONAL VEG  ROTI RICE  RAITA	MASOOR DAL  SEASONAL VEG  ROTI RICE  PAPAD	DAL MAKHNI  SEASONAL VEG  ROTI RICE  RAITA	LOBHIA  SEASONAL VEG  ROTI RICE  SALAD	BLACK CHANA  SEASONAL VEG  ROTI RICE  RAITA	MATAR PULAO  CURD  PAPAD
<b>DINNER</b> <b>19:30 to 20:00</b>	MIX DAL  MUSHROOM  ROTI SALAD	MOONG DAL ====(YELLO)====  SEASONAL VEG  ROTI SALAD	CHILLY PANEER  CHILLY CHICKEN  VEG FRIED RICE  CUSTERD	MATAR ..... PANEER.....  MIX DAL  ROTI SALAD	EGG CURRY  MASOOR DAL ====(BLACK)====  ROTI PAPAD	URAD CHANA DAL  SEASONAL VEG  ROTI SALAD	KADHAI PANEER  MUTTON CURRY  ROTI SALAD  ICE CREAM

MESS MANAGER


DIRECTOR

PRINCIPAL

VARIETY OF SEASONAL VEG (SUBJECT TO MARKET AVAILABILITY)

ALLO GOBHI, GAJAR MATAR, BEANS ALLO, PALAK, METHI, SHIMLA ALLO, BHINDI, BAINGAN,  
 BAINGAN BHARTA, MATAR ALLO, LAUKI, MIX VEG, KOFTA, KATHAL, KADDU, SARSO SAAG, R,  
 PATTA GOBHI, SEM FALI, DUM ALLO,

ADDITIONAL FOOD ITEMS (ONLY FOR SCHOOL & ACADEMY STUDENTS)

DAYS 	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	BANANA SHAKE	PLAIN MILK & CORN FLAKES/ CHOCOS	MANGO SHAKE	CHOCOLATE SHAKE	ROSE MILK	BADAM MILK	SWEET LASSI

MESS MANAGER

DIRECTOR

PRINCIPAL

**LIST OF FOOD ITEMS, SERVED WITH PRESCRIBED QUANTITY** (SEE MESS RULE NO. 3)

<b>FOOD ITEM</b>	<b>MAX QTY.</b>	<b>FOOD ITEM</b>	<b>MAX QTY.</b>	<b>FOOD ITEM</b>	<b>MAX QTY.</b>
MILK & SHAKES	200 ml	BREAD TOAST	4 PCS	PANEER (GRAVY)	120 gm (4 pcs)
TEA	1 cup	BURGER	1 PCS	PANEER (BHURJI)	100 gm
CORN FLAKES	30 gm	PAAV	3 PCS	CHICKEN (GRAVY)	150 gm (3 pcs)
CHOCOS	30 gm	KULCHE	3 PCS	MUTTON	120 gm (3 pcs)
CURD	1 BOWL	STUFFED PARATHA	2 PCS	CHILLY PANEER	4 PCS
RAITA	1 BOWL	PLAIN PARATHA	3 PCS	CHILLY CHICKEN	4 PCS
PAPAD	1	EGGS	2 PCS	CUSTARD	1 BOWL
SANDWICH	4 PCS	PURI	5 PCS	KHEER	1 BOWL
BREAD PAKODA	2 PCS	ICE CREAM	1	CHICKEN BIRYANI	400 gm (3 pcs)

MESS MANAGER  
DIRECTOR

PRINCIPAL

MESS MANAGER

DIRECTOR

PRINCIPAL