



## Jain Heritage School

### Menu for the Week 14.10.2019 to 19.10.2019



Date	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
<b>Break Fast</b>	Palak Masala Dosa	Poha	Mini Onion Uttappam	Methi Paratha	Mallige Idly	Veg Semiya Bath
	Chutney	Chutney	Red Chutney Sambar	Tomato Bhaji	Red Chutney	Chutney
<b>Bakery</b>		Bread Jam				Brown Bread
<b>Milk</b>	Bournvita	Boost	Badam Milk	Hot Milk	Chocolate Milk	Badam Milk
<b>Lunch</b>	Cabbage Salad	Cucumber Salad	Pasta and Pepper Sauce	Kabuli Channa Salad	Black Bean and Corn Salad	Tossed Salad
	Chapati	Phulka	Beetroot Chapati	Phulka	Phulka	Aloo Paratha
	Veg Kadai	Chole Paneer Masala	Veg Kofta Curry	Undhiyu	Aloo Gobi Mutter Curry	Masala Curd
	Tamarind Rice	Bisi Bele Bath	Veg Biryani	Capsicum Rice	Carrot Rice	Jeera Rice
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Tomato Rasam	Punjabi Kadi Pakodi	Pancharathna Dal	Sambar	Rasam	Lobia Masala
	Curd	Butter Milk	Curd	Curd	Curd	Curd
		Radish Sambar	Lemon Rasam			
<b>Dessert</b>	Sevai Kheer	Papaya	Pineapple Kesaribath	Watermelon	Papaya	Muskmelon
<b>Snacks</b>	Bhel Puri	Ragada Patties	Veg Puff	Mix Veg Corn Chat	Sprouts Chat	
				Broccoli Soup	Cocktail Juice	

