



Jain Heritage School

Menu for the Week 09.03.2020 to 14.03.2020



Date	9-Mar-20	10-Mar-20	11-Mar-20	12-Mar-20	13-Mar-20	14-Mar-20
<b>Break Fast</b>	Set Dosa	Idly	Chow Chow Bath	Ragi Dosa	Methi Paratha	Rava Idli
	Chutney	Sambar	Chutney	Red Chutney	Aloo Tamater Sabzi	Veg Kurma
<b>Bakery</b>			Channa Dal Vada			
<b>Milk</b>	Badam Milk	Bournvita	Boost	Chocolate Milk	Plain Milk	Badam Milk
<b>Lunch</b>	Boiled Vegetable Salad	Baby Corn Salad	Sprouts Salad	Grilled Veg Salad	Chickpeas Salad	Three Beans Salad
	Chapati	Masala Chapati	Jeera Chapati	Chapati	Chapati	Tawa Paratha
	Punjabi Rajma Curry	Mix Veg Poriyal	Veg Kolhapuri	Lima Bean Masala	Channa Masala	Mutter Paneer
	Puliyogare	Tomato Rice Bath	Jeera Rice	Masala Rice	Vangi Bath	Dum Biryani
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Pepper Rasam	Sambar	Rasam	Sambar	Tomato Rasam	Sambar
	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Raitha
<b>Dessert</b>	Banana	Muskmelon	Papaya	Moong Dal Payasam	Orange	Banana
<b>Snacks</b>	Boil Corn	Black Channa Sundal	Masala Bread Toast	Pasta	Sprouts Chat	
<b>I MATH</b>				Cream of Tomato Soup	Hot & Sour Soup	