

**JAIN HERITAGE SCHOOL
MENU**

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
Break Fast		Palak Dosa	Khara Poha	Bisibelebath	Pav Baaji	Dill Leaves Idli
		Tomato Chutney	Sweet Poha	Boondi Raitha		Vegetable Sagu
			Chutney			
		Raagi Malt	Badam Milk	Boost	Jaggery Milk	Plain Milk
		Coffee/ Tea	Coffee/ Tea	Coffee/ Tea	Coffee / Tea	Coffee/ Tea
Lunch		Kimchi Salad	Green Garden Salad	Sprouts Salad	Graden Green Salad	Macroni Salad
		Chapathi	Chapathi	Chapathi	Chapathi	Channa Bhatara
	Holiday	Panjabi Rajma Masala	Palak Paneer	Veg Chettinadu	Vegetable Morkuzhambu	Paneer Fried Rice
		Veg Kuskha	Vangi Bath	Veg Nilgiri Rice	Vegetable Pulao	Curd Rice
		Plain Rice	Plain Rice	Plain Rice	Plain Rice	
		Veg Sambar	Maa Ki Dal	Red Rasam	Mangalorean Sambar	
		Raitha	Curd	Butter Milk	Raitha	
Dessert/ Fruit		Malpua	Banana	Papaya	Banana	Gulab Jamun
Snacks		Mix Veg Corn	Potato Wedges	Churumuri Susla	Masala Vada	