

SAIKRUPA EDUCATION FOUNDATIONS
SHALOM INTERNATIONAL SCHOOL & JUNIOR COLLEGE, PANCHGANI

MENU CARD

	Breakfast	Lunch	Snack	Dinner
Sunday	Sheera + Milk	Chicken Biryani/ Chicken Masala, Chapatti Rice, Salad	Biscuit + Tea	Potato, Dry Dal
Monday	Poha / Porridge + Milk	Green Gram, Chapatti, Rice, Dal & Salad	Bunpaw + Tea	Potato Pea , Dal, Jeera Rice
Tuesday	Tomato Omeletts + Milk	Cow Pea Chickpeas , Potato Cabbage Chapatti, Dal Rice, Salad	Dhokla + Tea	Spinach+ Cottage Cheese , Dudhi, Chapatti, Dal - Rice, Salad
Wednesday	Idli Shamber + Milk	Pea + Cottage Cheese Chapatti Dal & Rice, Salad	Cup Cake + Tea	Pav + Rice
Thursday	Sago + Milk	Chickpeas Dal + Rice Chapatti + Salad	Jam Bread + Tea	Potato, Green Gram, Khichdi Papad
Friday	Egg Omeletts +Milk	Red beans, Dal , Lady finger , Chapatti Dal Race, Salad	Bhel + Tea	Chinese Rice + Noodles
Saturday	Uttapa / Upma + Milk	Moth beans Fry, Chapatti, Dal + Rice,Salad	Biscuit + Tea	Red gram Pulav Pav + Bundi Rayta