

PICT MODEL SCHOOL
Menu for the month of April, 2019

<i>Day and Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Snacks</i>
1 st , Monday	Moong dosa + chutney + fruit	Roti + paneer kadhai + sprout pulav + dal tadka + salad	Bournvita milk + rajgeera laddoo
2 nd , Tuesday	Sevai upma+ fruit	Roti + moong usal + bhendi dopaiza + zeera rice + raita	Masala Milk + chikki
3 rd , Wednesday	Aloo paratha + curd + fruit	Roti + rajma + plain rice + mix veg + raita	Carrot Kheer
4 th , Thursday	Rawa upma + fruit	Roti + urad tadka + tawa veg + tomato rice + salad	Bournvita milk + cake
5 th , Friday	Sago khichdi + fruit	Roti + chole + mixed dal + soya rice + raita	Masala milk + groundnut laddoo
8 th , Monday	Veg poha + fruit	Roti + matar paneer + masoor usal + peas pulav + salad	Bournvita milk + rajgeera laddoo
9 th , Tuesday	Idli + sambar + fruit	Roti + kadhai veg + plain dal + plain rice + raita	Masala Milk+ digestive biscuits
10 th , Wednesday	Paneer paratha+ fruit	Roti + soya dry + chouli + zeera rice + salad	Bournvita milk + pumpkin puri
11 th , Thursday	Wheat pasta + fruit	Roti + bhendi fry + moong usal + tomato rice + raita	Masala Milk + bread butter
12 th , Friday	Daliya upma + fruit	Roti + jackfruit sabzi + mixed dal + palak rice + salad	Seviya Kheer
13 th , Saturday	Veg noodles + tomato soup	Roti + bharela baigan + toor dal + zeera rice + sweet	
15 th , Monday	Moong Dosa + sambar + fruit	Roti + palak paneer + moong dal + soya rice + raita	Bournvita milk + chiki
16 th , Tuesday	Wheat pasta + fruit	Paratha + curd + veg.pulao + chole + salad	Apple milkshake
18 th , Thursday	Veg cutlet+ mint chutney + fruit	Roti + tawa bhaji + masoor usal + plain rice + raita	Masala Milk + Bhel
20 th , Saturday	Poori Bhaji	Roti + aloo turai + dal makhani + methi rice + salad	
22 nd , Monday	Sevai upma + fruit	Roti + mix.veg + plain dal + zeera rice + raita	Carrot kheer
23 rd , Tuesday	Veg. poha + fruit	Roti + bhendi sabzi + rajma + plain rice + salad	Banana milkshake
24 th , Wednesday	Paneer Paratha + curd + fruit	Roti + chana dry + dal fry + palak rice + raita	Masala milk + groundnut chikki
25 th , Thursday	Sago khichdi + fruit	Roti + soya dry + dal tadka + tomato rice + salad	Borunvita milk + cake
26 th , Friday	Rawa upma + fruit (ice cream for entire Pre Primary)	Roti + paneer dopaiza + chole + zeera rice + French fry	Ice cream (entire school)
29 th , Monday	Tea / cookies	Roti + rajma + plain rice + baingan bharta + raita	
30 th , Tuesday	Tea / cookies	Roti + masoor usal + dal fry + veg. pulav + aloo zeera	
1 st , Wednesday	Idli, medu vada, sambar gulab jamoon		