

PICT MODEL SCHOOL
Menu for the month of December, 2018

Day and Date	Breakfast	Lunch	Snacks
1 st , Saturday	Cutlet + chutney	Chapatti + plain rice+ dal palak+ soya dry+ salad	
3 rd , Monday	Rawa dosa + fruit	Chapatti + palak paneer subji + mixed dal + veg.pulao + raita	Banana milkshake
4 th , Tuesday	Sevai upma + fruit	Chapatti+ rajma + jeera rice+ gobi matar dry + salad	Bournvita milk + rajgeera laddoo
5 th , Wednesday	Sabudana Khichdi + fruit	Chapatti + mixed veg + plain rice + methi dal + raita	Bournvita milk + cake
6 th , Thursday	Moong dosa+ fruit	Chappati+ kichdi+ pakoda kadhi + chana dry + salad	Rawa khir
7 th , Friday	Veg. poha + fruit	Chapatti+ capsicum potato dry + jeera rice+ masoor usal + salad	Masala Milk + pumpkin puri
10 th , Monday	Idli + sambar + fruit	Chapatti+ tawa veg+ plain rice+ chole + raita	Carrot khir
11 th , Tuesday	Nachni dosa + fruit	Chapatti+ moong usal+ paneer masala + veg.pulao + raita	Bournvita Milk + bread butter
12 th , Wednesday	Tomato omlette + fruit	Chapatti+ soya dry + tomato rice+ palak dal+ raita	Banana milkshake
13 th , Thursday	Sago khichdi + fruit	Chapatti+ aloo jeera + dal tadka + plain rice+ salad	Bournvita Milk + rajgeera laddoo
14 th , Friday	Daliya upma + fruit	Chapatti+ veg.kadhai + palak rice + dal lasooni + raita	Bournvita Milk + Bhel
15 th , Saturday	Sandwich + fruit	Chapatti + lemon rice + dum aloo + dal tadka + salad	
17 th , Monday	Veg poha + fruit	Chapatti+ bhendi potato + chole + jeera rice + raita	Bournvita Milk + digestive biscuit
18 th , Tuesday	Rawa upma+ fruit	Chapatti+ methi matar + tomato rice+ rajma + salad	Apple milkshake
19 th , Wednesday	Veg Cutlet + chutney + fruit	Chapatti+ tawa veg. + kadhi khichdi + salad	Sevai khir
20 th , Thursday	Rawa idli + sambar + fruit	Chapatti+ palak aloo+ plain rice+ dal tadka+ raita	Bournvita Milk + Oreo biscuit
21 st , Friday	Moong dosa + chutney+ fruit	Chapatti+ mixed veg + masoor usal + Veg pulav+ raita	Bournvita milk + cake
22 nd , Saturday	Veg.poha + fruit	Chapatti+ jeera rice + aloo matar gravy + veg.kadhai + salad	