

**PICT MODEL SCHOOL**  
**Menu for the month of February, 2019**

<i>Day and Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Snacks</i>
1 <sup>st</sup> , Friday	Rawa dosa + fruit	Chapatti+ soya dry + moong usal + palak rice + salad	Milk + rajgeera laddoo
2 <sup>nd</sup> Saturday	Puri Bhaji + fruit	Chapatti + paneer kadhai + plain rice + plain dal + sweet	
4 <sup>th</sup> , Monday	Veg cutlet + chutney + fruit	Chapatti + dum aloo + chole + jeera rice + salad	Apple milkshake
5 <sup>th</sup> , Tuesday	Nachni dosa + fruit	Chapatti + mix veg + tomato rice + dal tadka + raita	Bournvita Milk + Oreo biscuit
6 <sup>th</sup> , Wednesday	Idli + chutney + fruit	Chapatti + channa dry + dal fry + green peas rice+ salad	Bournvita milk + bhel
7 <sup>th</sup> , Thursday	Tomato omlette+ fruit	Chapatti+ palak paneer + plain rice+ masoor usal+ raita	Banana milkshake
8 <sup>th</sup> , Friday	Moong dosa+ fruit	Chapatti+ ridge gourd dry + kadhi + khichdi + finger chips	Masala milk + digestive biscuit
9 <sup>th</sup> , Saturday	Paratha + curd	Chapatti+ aloo capsicum + Veg biryani + Dal tadka + raita	
11 <sup>th</sup> , Monday	Sevai upma + fruit	Chapatti+ mix.veg+ plain rice + dal lasooni + salad	Bournvita milk + chiki
12 <sup>th</sup> , Tuesday	Daliya upma + fruit	Chapatti+ gobi matar + tomato rice+ rajma + raita	Sevai khir
13 <sup>th</sup> , Wednesday	Veg Cutlet + chutney + fruit	Chapatti + paneer capsicum + plain dal + jeera rice+ salad	Banana milkshake
14 <sup>th</sup> , Thursday	Sago khichdi + fruit	Chapatti + moong usal + veg pulao+ aloo jeera + raita	Masala Milk + pumpkin puri
15 <sup>th</sup> , Friday	Rawa Upma + fruit	Chapatti+ paneer subji + dal fry + plain rice + boondi raita	Carrot khir
18 <sup>th</sup> , Monday	Idli Sambar + fruit	Chapatti+ palak aloo + masoor usal+ soya rice + salad	Bournvita milk + rajgeera laddoo
19 <sup>th</sup> , Tuesday	Veg poha + fruit	Chapatti+ chole + jeera rice + tawa veg +raita	Masala milk + digestive biscuit
20 <sup>th</sup> , Wednesday	Nachni dosa + fruit	Chapatti+ veg kofta curry + moong usal+ tomato rice+ salad	Bournvita milk + sandwich
21 <sup>th</sup> , Thursday	Tomato omlette+ fruit	Chapatti+ paneer kadhai + masoor usal + rajma + plain rice + raita	Masala milk + cake
22 <sup>nd</sup> , Friday	Paratha + butter + fruit	Chapatti+ veg kadhai + dal khichdi + pakoda kadhi + salad	Apple milkshake
23 <sup>rd</sup> , Saturday	Sandwich + fruit	Chapatti + aloo gobi matar + dal kolhapuri + jeera rice + raita	
25 <sup>th</sup> , Monday	Sago khichdi + fruit	Chapatti+ bhendi fry + plain dal + veg pulav+ raita	Bournvita milk + chikki
26 <sup>th</sup> , Tuesday	Veg. poha + fruit	Chapatti + chouli + plain rice + soya dry + salad	Carrot khir
27 <sup>th</sup> , Wednesday	Moong dosa + chutney+ fruit	Chapatti+ chole + paneer matar + palak rice+ raita	Masala Milk + bread butter
28 <sup>th</sup> , Thursday	Daliya upma + fruit	Chapatti+ mix veg + moong usal + jeera rice+ salad	Bournvita milk + Oreo biscuit