

Paras world school

Breakfast and Lunch Menu-May, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1ST RAWA IDLI, SAMBHAR, COCONUT CHUTNEY AND FRUIT	2ND SPROUTS CHAAT, CUCUCUMBER AND TOMATO SANDWICHES WITH FRUIT	3RD VEGETABLE VERMICILLI WITH SAUCE AND FRUIT	4TH SPROUTS POHA WITH SAUCE AND FRUIT CUSTARD	5TH PAO BHAJI WITH FRUIT	
DAL MAKHNI, BHARWAN TINDA , ROTI	AMRITSARI CHANA POORI, SITAPHAL KI SABZI SUJI HALWA	KADHI, RICE, CAPSICUM, ALOO BEANS KI SABZI	AJWAINI ARBI, DAL TADKA WITH ROTI AND MINT RAITA	PASTA IN RED SAUCE GARLIC BREAD SLICE CAKE	
8TH MATAR KULCHA WITH MINT CHUTNEY AND FRUIT	9TH VEG MACRONI FRUIT	10TH HOLIDAY	11TH VEGETABLE UTTHAPAM WITH , SAMBHAR FRUIT	12TH VEGETABLE CUTLET MUFFINS	13TH HOLIDAY
GHIYA KOFTA , BHINDI MASALA, ROTI CURD	ARHAR DAL RICE, ROTI NUTRELLA MATAR		CHANA URAD DAL, ALOO CAPSICUM, ROTI BOONDI RAITA	HYDRABADI VEGETABLE BIRYANI BOONDI RAITA CAKE SLICE	
15TH PAO BHAJI WITH FRUIT	16TH VEG. UPMA WITH FRUIT AND SAUCE	17TH CHANA CHAAT BUTTER SANDWICHES AND FRUIT	18TH SOYABEAN CUTLET BURGER, SAUCE, FRUIT CUSTARD	19TH ALOO PARANTHA WITH CURD AND FRUIT	20TH HOLIDAY
CHOLEY CHAWAL TINDA MASALA CURD	DAL PANCHRATNI, GATTA KADHI , ROTI AND MEETHI BOONDI	RAJMAH RICE VEG JALFREZI,	LEMON RICE DAL VADA, SAMBHAR	VEG. NOODLES, VEG.MANCHURIA N, CAKE SLICE	