

Paras world School

Breakfast and Lunch Menu-july, 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|------------------------------------|
| 3 RD RAWA IDLI, SAMBHAR, COCONUT CHUTNEY AND FRUIT | 4 TH SPROUTS CHAAT, CUCUCUMBER AND TOMATO SANDWICHES WITH FRUIT | 5 TH VEGETABLE VERMICILLI WITH SAUCE AND FRUIT | 6 TH SPROUTS POHA WITH SAUCE AND FRUIT CUSTARD | 7 TH PAO BHAJI WITH FRUIT | |
| RAJMAH RICE, JEERA ALOO AND CURD | MOONG DAL, BHINDI MASALA, ROTI | KADHI, RICE, CAPSICUM, ALOO BEANS KI SABZI | AJWAINI ARBI, MIX DAL TADKA WITH ROTI AND MINT RAITA | PASTA IN RED SAUCE, POTATO WEDGES AND GARLIC BREAD | |
| 10 TH MATAR KULCHA WITH MINT CHUTNEY AND FRUIT | 11 TH PANEER PYAZ KA PARANTHA WITH CURD AND FRUIT | 12 TH CHEESE AND CUCUMBER SANDWICHES WITH FRUIT CUSTARD | 13 TH RAWA IDLI, SAMBHAR, COCONUT CHUTNEY AND FRUIT | 14 TH DAL PARANTHA WITH TAMATAR ALOO SABZI AND FRUIT | 15 TH HOLIDAY |
| GHIYA KOFTA , BHINDI MASALA, ROTI AND CURD | ARHAR DAL, RICE AND NUTRELLA KEEMA MATAR | KADHI RICE AND ALOO CAPSICUM | VEGETABLE AND PANEER ROLLS WITH BOONDI RAITA | BLACK MASOOR DAL, RICE, ACHARI TINDA | |
| 17 TH PAO BHAJI WITH FRUIT | 18 TH VEG. UPMA WITH FRUIT AND SAUCE | 19 TH CHANA CHAAT WITH BUTTER SANDWICHES AND FRUIT | 20 TH SOYABEAN CUTLET BURGER, SAUCE, FRUIT CUSTARD | 21 ST ALOO PARANTHA WITH CURD AND FRUIT | |
| CHOLEY CHAWAL WITH PARWAL ALOO, | MOONG CHILKA DAL, PANEER CAPSICUM , ROTI | RAJMAH, RICE, WITH , VEG JALFREZI, | LEMON RICE, DAL VADA, COCONIUT AND TOMATO CHUTNEY WITH SAMBHAR | VEG. NOODLES, VEG. MANCHURIAN, POTATO WEDGES AND CAKE SLICE | |
| 24 TH VEGETABLE VERMICILLI WITH SAUCE AND FRUIT | 25 TH MATAR KULCHA WITH MINT CHUTNEY AND FRUIT | 26 TH ALOO PYAZ KA PARANTHA WITH CURD AND FRUIT | 27 TH SPROUT CHAAT WITH BUTTER SANDWICHES AND FRUIT | 28 TH VEGETABLE POHA WITH SAUCE AND FRUIT | 29 TH HOLIDAY |
| HARI MOONG DAL, KADHAI PANEER, ROTI | KADHI, RICE, MIX VEGETABLE | SAFED LOBIYA , BHINDI MASALA WITH ROTI | DAL MAKHNI, ALOO DUM KASHMIRI, AJWAINI PARANTHA | ALOO, POORI, KHATTA MEETHA SITAPHAL AND RICE KHEER | |
| 31 ST RAWA IDLI, SAMBHAR, COCONUT CHUTNEY AND FRUIT | | | | | |
| RAJMAH, RICE , TINDA MASALA | | | | | |