

# PARAS WORLD SCHOOL

## **BREAKFAST AND LUNCH MENU-AUGUST, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1ST VEG. UPMA SAUCE FRUIT	2ND DAL PARANTHA ALOO TAMATAR KI SABZI AND FRUIT	3RD SPROUTS POHA SAUCE FRUIT CUSTARD	4TH PAO BHAJI WITH FRUIT	5TH <b>HOLIDAY</b>
	MOONG DAL, BHINDI MASALA, ROTI RICE KHEER	LEMON RICE, IDLI, SAMBHAR COCONUT CHUTNEY	AJWAINI ARBI, MIX DAL TADKA ROTI MINT RAITA	PASTA IN RED SAUCE SOYA-VEGETABLE CUTLET, GARLIC BREAD ,CAKE SLICE	
7TH <b>RAKSHA BANDHAN</b>	8TH VEG MACRONI FRUIT	9TH CHEESE AND CUCUMBER SANDWICHES WITH VERMICILLI KHEER	10TH IDLI SAMBHAR FRUIT	11TH TRICOLOUR CHEESE, CUCUMBER TOMATO SANDWICHES WITH SAUCE, RICE KHEER	12TH <b>HOLIDAY</b>
	ARHAR DAL, RICE, ROTI AJWAINI ARBI	KADHI RICE ALOO CAPSICUM	VEGETABLE AND PANEER ROLLS MINT CHATNEY	RAJMAH RICE TINDA ALOO MUFFINS	
14TH <b>HOLIDAY JANAMASHTAMI</b>	15TH <b>HOLIDAY INDEPENDENCE DAY</b>	16TH BREAD PAKODA SAUCE FRUIT	17TH VEG MACRONI FRUIT	18TH SPROUTS POHA CURD FRUIT	19TH
		CHHOLEY RICE VEG JALFREZI	CHANA DAL , MATAR PANEER , ROTI, RICE	LEMON RICE DAL VADA COCONUT CHUTNEY SAMBHAR	
21ST VEGETABLE VERMICILLI SAUCE AND FRUIT	22ND IDLI SAMBHAR FRUIT	23RD ALOO PYAZ KA PARANTHA WITH CURD AND FRUIT	24TH SPROUT CHAAT CUCUMBER, TOMATO CHEESE SANDWICHE, FRUIT	25TH BREAD PAKODA SAUCE FRUIT	26TH
HARI MOONG DAL, ,MIX VEG ROTI, RICE	KADHI RICE ALOO JEERA CAKE SLICE	CHANA URAD DAL BHINDI DO PYAZA ROTI, RICE	DAL MAKHNI, ALOO DUM KASHMIRI, AJWAINI PARANTHA	ALOO, POORI, KHATTA MEETHA SITAPHAL RICE KHEER	
28TH DAL PARANTHA ALOO TAMATAR KI SABZI AND FRUIT	29TH SPROUTS POHA SAUCE VERMICILLI KHEER	30TH COESLOW SANDWICH SAUCE FRUIT	31ST IDLI SAMBHAR FRUIT		
RAJMAH RICE VEG JALFREZI MUFFINS	MOONG DAL, GATTA KADHI, ROTI, RICE	CHHOLEY CHAWAL ALOO PARWAL	VEGETABLE HYDRABADI BIRYANI BOONDI RAITA SLICE CAKE		