

PARAS WORLD SCHOOL

BREAKFAST AND LUNCH MENU-NOVEMBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1ST HOLIDAY	2 ND DAL PARANTHA WITH ALOO TOMATO SABJI AND FRUIT	3RD MASALA CROISSANT WITH SAUCE AND FRUIT CUSTARAD	4TH HOLIDAY
			CHATPATI DAL DHABA STYLE, ALOO METHI , ROTI	AMRITSARI CHANA CHAWAL, JEERA ALOO GULAB JAMUN	
6TH CHEESE, CUCUMBER SANDWICHES SAUCE FRUIT	7TH VEG. MACRONI FRUIT	8TH VERMICILLI KHEER , HARI BHARA KABAB, GREEN CHUTNEY	9TH SPROUTS POHA CURD FRUIT	10TH PAO BHAJI WITH FRUIT	11TH
GREEN MOONG DAL, GOBHI ADRAKHI , ROTI	VADA SAMBHAR LEMON RICE , NARIYAL LADOO ,	DAL FRY NUTRELLA RICE , SPINACH RAITA	OVEN FRESH KULCHA CHOLEY MASALA DHANIYA TOPPING CAKE SLICE	KADHI CHAWAL WITH ALOO CAPSICUM	
13TH VADA PAO FRUIT	14TH BREAD PAKODA FRUIT	15TH ONION TOMATO BESAN CHILLA , GREEN CHUTNEY FRUIT	16TH CHEESE AND CUCUMBER SANDWICHES WITH FRUIT CUSTARD	17TH VEGETABLE UPMA WITH GREEN CHUTNEY, SAUCE AND FRUIT	18TH
RAJMAH RICE VEG. JALFREZI MINT RAITA	DAL MAKHNI KADHAI PANEER ROTI, RICE	ALOO MATAR KI SABZI (DRY) , GHIYA KOFTA ROTI	DAL FRY NUTRELLA RICE, SPINACH RAITA	ALOO POORI, KALA CHANA AND SUJI HALWA	
20TH METHI PALAK PARANTHA WITH ALOO TAMATAR KI SABZI AND FRUIT	21ST CINNAMON AND SUGAR DANISH VEG. CUTLET	22ND STUFFED KULCHA FRUIT	23RD SPROUT CHAAT CUCUMBER, TOMATO CHEESE SANDWICHES FRUIT	24TH PAO BHAJI FRUIT	25TH HOLIDAY
YELLOW DAL PEAS PULAO MIX VEGETABLE ROTI	PALAK CHANA DAL , MATAR PANEER ROTI MEETHI BOONDI	VEGETABLE AND NUTRELLA BIRYANI CUCUMBER RAITA MUFFINS	DAL MAKHNI CORN PALAK AJWAINI PARANTHA	PASTA IN RED SUACE FOCACIA BREAD CAKE SLICE	
27TH MASALA IDLI MINT CHUTNEY FRUIT	28TH CUCUMBER TOMATO CHEESE SANDWICHES SAUCE, FRUIT	29TH MIX PARANTHA CURD FRUIT	30TH VEG. POHA CURD FRUIT		
RAJMAH CHAWAL, ALOO SHIMLA MIRCH KI SABZI, MINT RAITA	ALOO MATTAR , GATTA KADHI, ROTI RICE KHEER	SPINACH GARLIC RICE, KEEMA NUTRELLA MATAR CURD	LEMON RICE DAL VADA NARIYAL CHATNEY SAMBHAR		