

PARAS WORLD SCHOOL

BREAKFAST AND LUNCH MENU-OCTOBER, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3RD PAO BHAJI WITH FRUIT	4TH SPROUTS POHA WITH CURD AND FRUIT	5TH HOLIDAY	6TH BREAD PAKODA SAUCE FRUIT	7TH
	KADHI RICE, VEGETABLE JAL FREZI	SOYA CHAAP MASALA, BHINDI ROTI		DAL TADKA, ROTI JEERA ALOO MUFFINS	
9TH CUCUMBER, CHEESE SANDWICHES VERMICILLI KHEER	10TH VEG MACRONI FRUIT	11TH STUFFED KULCHA FRUIT	12TH VADA PAO FRUIT	13TH VEG POHA CURD FRUIT	14TH
GREEN MOONG DAL AJWAINI ARBI ROTI	CHHOLEY CHAWAL ALOO PARWAL	DAL FRY NUTRELLA MATTAR RICE, ROTI	CHANA URAD DAL ALOO CAPSICUM ROTI	RAJMA, RICE ALOO JEERA	.
16TH PAO BHAJI FRUIT	17TH CHEESE AND CUCUMBER SANDWICHES FRUIT	18TH HOLIDAY	19TH HOLIDAY	20TH HOLIDAY	21ST HOLIDAY
KADHI PAKODA CHAWAL MIX VEGETABLE	POORI, ALOO, KADDOO MASALA RAITA				
23RD RICE IDLI, SAMBHAR FRUIT	24TH VEG UPAMA CURD FRUIT	25TH PAO BHAJI FRUIT	26TH SPROUT CHAAT VEG SANDWICHES FRUIT	27TH ALOO PARANTHA CURD FRUIT	28TH
SAFED LOBIYA DUM ALOO ROTI, RICE	ARHAR DAL ROTI MIX VEGETABLE	VEGETABLE BIRYANI MINT RAITA	DAL MAKHNI CORN PALAK, AJWAINI PARANTHA	PASTA IN RED SUACE GARLIC BREAD CAKE SLICE	
30TH MASALA IDLI MINT CHUTNEY FRUIT	31ST COLESLO SANDWICHES SAUCE FRUIT				
RAJMAH CHAWAL, VEG. JALFREZI MINT RAITA	ALOO CAPSICUM, GATTA KADHI ROTI RICE KHEER				