

# PARAS WORLD SCHOOL

## BREAKFAST AND LUNCH MENU-SEPTEMBER, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3RD <b>JANAMASHTMI HOLIDAY</b>	4TH CHEESE AND CUCUMBER SANDWICHES WITH VERMICILLI KHEER	5TH ALOO PYAZ KA PARANTHA WITH CURD AND FRUIT	6TH RAWA IDLI, SAMBHAR, COCONUT CHUTNEY AND FRUIT	7TH DAL PARANTHA WITH ALOO TAMATAR KI SABZI AND FRUIT	8TH HOLIDAY
	RAJMAH RICE, ALOO PARWAL KI SABZI	NUTRELLA MATAR KEEMA, LAUKI KOFTA AND ROTI	VEGETABLE AND PANEER ROLLS WITH MATAR PULAO AND BOONDI RAITA	VEGETABLE FRIED RICE, CHILLI PANEER, FRENCH FRIES AND MUFFINS	
10TH Aloo Parantha Curd Fruit	11TH MATAR KULCHA WITH FRUIT	12TH VEG UPMA WITH SAUCE AND FRUIT	13TH VEG SANDWICH SAUCE FRUIT CUSTARD	14TH BREAD ROLLS, SAUCE WITH FRUIT	15TH HOLIDAY
SABUT MOONG DAL, ARBI MASALA AND ROTI	KADHI CHAWAL, TINDA MASALA AND MEETHI BOONDI	MATAR PANEER, MASALA LAUKI, WITH ROTI	LEMON RICE, DAL VADA, COCONUT AND TOMATO CHUTNEY WITH SAMBHAR	KALA CHANA, POORI, ALOO AND KESARI BHATH	
17TH RICE IDLI, COCONUT CHUTNEY AND FRUIT	18TH PAO BHAJI WITH FRUIT	19TH ALOO PYAZ KA PARANTHA WITH CURD AND FRUIT	20TH SPROUT CHAAT WITH CUCUMBER , TOMATO, CHEESE SANDWICHES AND FRUIT	21ST <b>MOHARRAM HOLIDAY</b>	22ND HOLIDAY
SAFED LOBIYA ,VEGETABLE JALFREZI, ROTI	MOONG MASOOR DAL , RICE, JEERA ALOO AND BESAN BURFI	CHANA URAD DAL , BHINDI DO PYAZA WITH ROTI	DAL MAKHNI, ALOO DUM KASHMIRI, AJWAINI PARANTHA		
24TH MASALA CROISSANT WITH SAUCE AND FRUIT	25TH CUCUMBER TOMATO, CHEESE SANDWICHES WITH SABOODANA TIKKI SAUCE AND FRUIT	26TH VEGETABLE UPMA WITH SAUCE AND FRUIT	27TH VEG. PATTY SAUCE FRUIT	28TH SOYABEAN CUTLET BURGER WITH SAUCE AND FRUIT	29TH HOLIDAY
CHHOLEY CHAWAL, VEGETABLE JALFREZI, MINT RAITA	ALOO CAPSICUM, GATTA KADHI, ROTI	RAJMAH RICE, BHINDI MASALA AND KHOYA BARFI	SABUT MOONG DAL, LOTUS STEM AND ALOO KI MASALEDAR SABZI WITH MINT RAITA AND ROTI	NUTRELLA BIRYANI WITH MINT RAITA AND SUJI KHEER KHEER	