

Mid-Day Meal Menu 2018-19 (Summers)

Timings for Mid-Day Meal 10:00 am-10:30 am

Week	Days	Food	Supplement
First	MONDAY	PalakParantha , Dal Makhani	Lemonade
	TUESDAY	Rajma Rice	Ice Cream
	WEDNESDAY	ShahiPaneer ,Chapati	FruitCake
	THURSDAY	Black Channa,Poori	Lemonade
	FRIDAY	IdliSambhar(With Vegetables)	Fruit
	SATURDAY	Dosa,Sambhar(With Vegetables)	Banana
	SUNDAY	HOLIDAY	-
Second	MONDAY	Sandwich,Vegetable Cutlet	Custard
	TUESDAY	Veg. Biryani,Raita	Fruit
	WEDNESDAY	BesanChila(With Vegetables)	Ice Cream
	THURSDAY	Veg. Atta Noodles	RoohAfza
	FRIDAY	Stuffed Parantha,Raita	Fruit
	SATURDAY	HOLIDAY	-
	SUNDAY	HOLIDAY	-
Third	MONDAY	Kadhi rice	Roohafza
	TUESDAY	CholeBhature	Fruit Cake
	WEDNESDAY	Veg. chapatti wrap	Lemonade
	THURSDAY	Uttapam(With Vegetable),Chutney	Ice Cream
	FRIDAY	MatarNutrella,Chapati	Fruit
	SATURDAY	Pav Bhaaji	Fruit cake
	SUNDAY	HOLIDAY	-
Fourth	MONDAY	MalaiKofta,Chapati	RoohAfza
	TUESDAY	Stuffed Naan,Daal	Chocolate
	WEDNESDAY	IdliSambhar(With Vegetables)	Fruit
	THURSDAY	PooriAloo	Kheer
	FRIDAY	Rice ,Black Chana	Custard
	SATURDAY	HOLIDAY	-
	SUNDAY	HOLIDAY	-
Fifth	MONDAY	Stuffed Parantha ,Raita	BesanLadoo
	TUESDAY	Veg. Atta Noodles	Banana
	WEDNESDAY	White Chana , Rice	Lemonade
	THURSDAY	AlooMatarPaneer ,Chapati	Chocolate
	FRIDAY	Uttapam(with vegetables),chutney	Custard
	SATURDAY	Pav Bhaaji	Fruit cake