

Jayshree Periwal International School
Lunch Menu For Day Boarders - SEPTEMBER 2019

WEEK 1 COMMON MENU FOR SEPTEMBER 2019-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	02 SEP. 2019	03 SEP. 2019	04 SEP. 2019	05 SEP. 2019	06 SEP. 2019	07 SEP. 2019	08 SEP. 2019
LUNCH	Green Salad	Diced Salad	Green Salad	Green Salad	Green Salad	Laccha Onion	
	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	
	Mix. Veg Raita	Plain Curd	Mint Raita	Boondi Raita	Plain Curd	Plain Curd	Plain Beaten Curd
	Chapati	Chapati	Chapati	Chapati	Kulche	Lachcha Parantha	Gobhi Parantha
	Jeera Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jeera Rice	Veg. biryani	Pizza
	Kadhi Pakoda	Rajma Curry	Dal Makhani	Dal Tadka	Choley	Mirchi Ka Salan	Pasta in Tomato Basil Sauce
	Paneer Butter Masala	Bhindi Do Pyaza	Aloo Beans	Kadhai Paneer	Papadi chaat		Garlic Bread
	Jeera Aloo	Veg. Jalfrezi	Tinda Masala	Corn Palak	Green & Imli Chutney	Chicken Biryani	
	Kheer		Fruit Custard		Ice Cream		
Continental Food	Vegetable Manchurian		Vegetable Croquettes				
	Vegetable Fried Rice		Veg. Chowmein				
	Kheer		Fruit Custard				
Evening Snacks	Banana	Salted Peanuts	Plain Popcorn	Salted Peanuts	Banana		
	Nimbu Pani	Nimbu Pani	Nimbu Pani	Chocolate Milk (PYP)	Nimbu Pani		
				Lemon Iced Tea (6-12)			

WEEK 2 COMMON MENU FOR SEPTEMBER 2019-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09 SEP. 2019	10 SEP. 2019	11 September 2019	12 SEP. 2019	13 SEP. 2019	14 SEP. 2019	15 SEP. 2019
LUNCH	Green Salad	Diced Salad	Green Salad	Green Salad	Green Salad	Green Salad	Laccha Onion
	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle
	Plain Curd	Boondi Raita	Plain Curd	Mixed Veg Raita	Plain Curd	Plain Curd	Plain Curd
	Jeera Rice	Steamed Rice	Jeera Rice	Plain Rice			Lemon Rice
	Chapati	Chapati	Chapati	Chapati	Aloo Parantha	Paneer Pyaz Parantha	Masala/ Plain Dosa
	Dal Fry	Dal Makhani	Rajma Curry	Kaali Masoor Sabut Dal	Pasta in Pink Sauce	Veg. Burger	Sambhar
	Matar Paneer	Palak Corn	Kurkuri Bhindi	Paneer Khurchan	Garlic Bread	Chicken Burger	Coconut Chutney
	Navratna Korma	Aloo Achari	Mix Veg.	Aloo Beans			
	Ice Cream		Gulab Jamun		Fruit Custard		
Continental Food	Pita bread with Hummus		Cheese Macaroni				
	Falafel		Nachos with Salsa Sauce				
	Ice Cream		Gulab Jamun				
Evening Snacks	Salted Peanuts	Plain Popcorn	Banana	Salted Peanuts	Salted Peanuts		
	Nimbu Pani	Frooti	Nimbu Pani	Cold Strawberry Milk (PYP)	Nimbu Pani		
				Lemon Iced Tea (6-12)			

WEEK 3 COMMON MENU FOR SEPTEMBER 2019-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	16 SEP. 2019	17 SEP. 2019	18 SEP. 2019	19 SEP. 2019	20 SEP.	21 SEP.	22 SEP. 2019
LUNCH	Green Salad	Diced Salad	Green Salad	Green Salad	Onion Salad	Laccha Onion	
	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	
	Mix. Veg Raita	Plain Curd	Mint Raita	Boondi Raita	Plain Curd	Plain Curd	Plain Beaten Curd
	Chapati	Chapati	Chapati	Chapati	Kulche	Lachcha Parantha	Gobhi Parantha
	Jeera Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jeera Rice	Veg. biryani	Pizza
	Kadhi Pakoda	Rajma Curry	Dal Makhani	Dal Tadka	Choley	Mirchi Ka Salan	Pasta in Tomato Basil Sauce
	Paneer Butter Masala	Bhindi Do Pyaza	Aloo Beans	Mutter Paneer	Papadi chaat		
	Veg Jalfrezi	Jeera Aloo	Navratan Korma	Corn Palak	Green & Imli Chutney	Chicken Biryani	
	Kheer		Fruit Custard		Ice Cream		
Continental Food	Vegetable Manchurian		Vegetable Croquettes				
	Vegetable Fried Rice		Veg. Chowmein				
	Kheer		Fruit Custard				
Evening Snacks	Banana	Salted Peanuts	Plain Popcorn	Salted Peanuts	Salted Peanuts		
	Nimbu Pani	Frooti	Nimbu Pani	Chocolate Milk (PYP)	Nimbu Pani		
				Lemon Iced Tea (6-12)			

WEEK 4 COMMON MENU FOR SEPTEMBER 2019-20							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	23 SEP. 2019	24 SEP. 2019	25 SEP. 2019	26 SEP. 2019	27 SEP. 2019	28 SEP. 2019	29 SEP. 2019
LUNCH	Green Salad	Diced Salad	Green Salad	Green Salad	Green Salad	Green Salad	Lemon Rice
	Pickle	Pickle	Pickle	Pickle	Pickle	Pickle	Idli
	Plain Curd	Boondi Raita	Plain Curd	Mixed Veg Raita	Plain Curd	Plain Curd	Vada
	Jeera Rice	Steamed Rice	Jeera Rice	Plain Rice			Sambhar
	Chapati	Chapati	Chapati		Aloo Parantha	Paneer Pyaz Parantha	Coconut Chutney
	Dal Fry	Dal Makhani	Rajma Curry	Kaali Masoor Sabut Dal	Pasta in Pink Sauce	Veg. Burger	
	Matar Paneer	Palak Corn	Kurkuri Bhindi	Paneer Butter Masala	Garlic Bread	Chicken Burger	
	Navratna Korma	Aloo Moradabadi	Navratna Korma	Aloo Beans			
	Ice Cream		Gulab Jamun		Fruit Custard		
Continental Food	Pita bread with Hummus		Cheese Macaroni				
	Falafel		Nachos with Salsa Sauce				
	Ice Cream		Gulab Jamun				
							Chicken Noodles
Evening Snacks	Salted Peanuts	Plain Popcorn	Banana	Salted Peanuts	Salted Peanuts		
	Nimbu Pani	Nimbu Pani	Nimbu Pani	Cold Strawberry Milk (PYP)	Nimbu Pani		
				Lemon Iced Tea (6-12)			

WEEK 5 COMMON MENU FOR SEPTEMBER 2019-20							
	MONDAY						
	30 SEP. 2019						
LUNCH	Green Salad						
	Pickle						
	Plain Curd						
	Jeera Rice						
	Chapati						
	Dal Fry						
	Matar Paneer						
	Veg Jalfrezi						
	Ice Cream						
Continental Food	Pita bread with Hummus						
	Falafel						
	Ice Cream						
Evening Snacks	Banana						
	Nimbu Pani						