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

			ON MENU FOR DECEM		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	02 DEC. 2019	03 DEC. 2019	04 DEC. 2019	05 DEC. 2019	06 DEC. 2019
LUNCH	Green Salad	Diced Salad	Green Salad	Green Salad	Onion Salad
	Pickle	Pickle	Pickle	Pickle	Pickle
	Mix. Veg Raita	Plain Curd	Mint Raita	Boondi Raita	Plain Curd
	Chapati	Chapati	Chapati	Chapati	Kulche
	Jeera Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jeera Rice
	Kadhi Pakoda	Rajma Curry	Dal Makhani	Dal Tadka	Choley
	Paneer Butter Masala	Bhindi Do Pyaza	Aloo Beans	Kadhai Paneer	Papadi chaat
	Jeera Aloo	Veg. Jalfrezi	Sarson Ka Saag	Gazar Matar	Green & Imli Chutney
	Kheer		Fruit Custard		Gulab Jamun
	Vegetable Manchurian		Vegetable Croquettes		
C (1 1 1 1					
Continental Food	Vegetable Fried Rice		Veg. Chowmein		
	Kheer		Fruit Custard		
Evening Snacks	Banana	Salted Peanuts	Plain Popcorn	Banana	Makhana
	Hot n Sour Soup	Nimbu Pani	Tomato Soup	Nimbu Pani	Sweet Corn Soup
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	09 DEC. 2019	10 DEC. 2019	11 DEC. 2019	12 DEC. 2019	13 DEC. 2019
	Green Salad	Diced Salad	Green Salad	Green Salad	Green Salad
	Pickle	Pickle	Pickle	Pickle	Pickle
	Plain Curd	Boondi Raita	Plain Curd	Mixed Veg Raita	Plain Curd
	Jeera Rice	Steamed Rice	Jeera Rice	Plain Rice	
LUNCH	Chapati	Chapati	Chapati	Chapati	Aloo Parantha
LUNCH	Dal Fry	Dal Makhani	Rajma Curry	Kaali Masoor Sabut Dal	Pasta in Pink Sauce
	Matar Paneer	Corn Palak	Kurkuri Bhindi	Paneer Khurchan	Garlic Bread
	Navratna Korma	Aloo Achari	Mix Veg.	Aloo Beans	
	Moong Dal Halwa		Gulab Jamun		Fruit Custard
			Cheese Macaroni		
	Pita bread with Hummus		Cheese Macaroni		
Continental Food	Pita bread with Hummus Falafel		Nachos with Salsa Sauce		
Continental Food					
Continental Food	Falafel <mark>Moong Dal Halwa</mark>	Diain Domanu	Nachos with Salsa Sauce Gulab Jamun	Malihana	Caltad Promite
	Falafel Moong Dal Halwa Salted Peanuts	Plain Popcorn	Nachos with Salsa Sauce Gulab Jamun Banana	Makhana Hat Chanalata Mills (DVD)	Salted Peanuts
Continental Food Evening Snacks	Falafel <mark>Moong Dal Halwa</mark>	Plain Popcorn Hot Chocolate Milk	Nachos with Salsa Sauce Gulab Jamun	Makhana Hot Chocolate Milk (PYP) Nimbu Pani (6-12)	Salted Peanuts Hot and Sour Soup

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16 DEC. 2019	17 DEC. 2019	18 DEC. 2019	19 DEC. 2019	20 DEC. 2019
	Green Salad	Diced Salad	Green Salad	Green Salad	Onion Salad
LUNCH					
	Pickle	Pickle	Pickle	Pickle	Pickle
	Mix. Veg Raita	Plain Curd	Mint Raita	Boondi Raita	Plain Curd
	Chapati	Chapati	Chapati	Chapati	Kulche
	Jeera Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jeera Rice
	Kadhi Pakoda	Rajma Curry	Dal Makhani	Dal Tadka	Choley
	Matar Paneer	Bhindi Do Pyaza	Aloo Beans	Paneer Makhani	Papadi chaat
	Jeera Aloo	Veg. Jalfrezi	Navratan Korma	Sarson ka Saag	Green & Imli Chutney
	Kheer		Fruit Custard		Gazar ka Halwa
	Vegetable Manchurian		Vegetable Croquettes		
Continental Food	Vegetable Fried Rice		Veg. Chowmein		
	Kheer		Fruit Custard		
	-		D D		
F ' C 1	Banana	Salted Peanuts Vegetable Soup	Plain Popcorn	Makhana Hot Chocolate Milk (PYP)	Banana Veg. Manchow Soup
Evening Snacks	Sweet Corn Soup	IVegetable Soup	Nimbu Pani	THOT Chocolate Milk (PYP)	IVeg. Manchow Soup
Evening Shacks	eweet com coup	vegetable boup	Timeu Tun	,	reg. Hanterto W Boup
	owect controlly	regetable soup	Annou Fun	Nimbu Pani (6-12)	reg. marterion coup
Evening states.	onetic controllar		ON MENU FOR DECEME	Nimbu Pani (6-12)	regi marten or ocup
Zvening smeas	MONDAY			Nimbu Pani (6-12)	FRIDAY
Zvening shieks	·	WEEK 4 COMMO	ON MENU FOR DECEME	Nimbu Pani (6-12) BER 2019-20	
Zvening shiets	MONDAY	WEEK 4 COMMO	ON MENU FOR DECEME	Nimbu Pani (6-12) BER 2019-20 THURSDAY	FRIDAY
Zvening shieks	MONDAY 23 DEC. 2019	WEEK 4 COMMO TUESDAY 24 DEC. 2019	ON MENU FOR DECEME WEDNESDAY 25 DEC. 2019	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019	FRIDAY 27 DEC. 2019
Zivening Shieks	MONDAY 23 DEC. 2019 Green Salad	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad	WEDNESDAY 25 DEC. 2019 Green Salad	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad	FRIDAY 27 DEC. 2019 Green Salad
	MONDAY 23 DEC. 2019 Green Salad Pickle	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad Pickle	WEDNESDAY 25 DEC. 2019 Green Salad Pickle	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle	FRIDAY 27 DEC. 2019 Green Salad Pickle
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita	FRIDAY 27 DEC. 2019 Green Salad Pickle
LUNCH	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry	WEEK 4 COMMO TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer Navratna Korma Kheer	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma Gulab Jamun	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce Garlic Bread
LUNCH	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer Navratna Korma Kheer Pita bread with Hummus	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma Gulab Jamun Cheese Macaroni	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce Garlic Bread
LUNCH	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer Navratna Korma Kheer Pita bread with Hummus Falafel	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma Gulab Jamun Cheese Macaroni Nachos with Salsa Sauce	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce Garlic Bread
	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer Navratna Korma Kheer Pita bread with Hummus Falafel Kheer	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn Aloo Moradabadi	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma Gulab Jamun Cheese Macaroni Nachos with Salsa Sauce Gulab Jamun	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala Aloo Methi	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce Garlic Bread Fruit Custard
LUNCH	MONDAY 23 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Dal Fry Matar Paneer Navratna Korma Kheer Pita bread with Hummus Falafel	WEEK 4 COMMC TUESDAY 24 DEC. 2019 Diced Salad Pickle Boondi Raita Steamed Rice Chapati Dal Makhani Palak Corn	WEDNESDAY 25 DEC. 2019 Green Salad Pickle Plain Curd Jeera Rice Chapati Rajma Curry Kurkuri Bhindi Navratna Korma Gulab Jamun Cheese Macaroni Nachos with Salsa Sauce	Nimbu Pani (6-12) BER 2019-20 THURSDAY 26 DEC. 2019 Green Salad Pickle Mixed Veg Raita Plain Rice Chapati Kaali Masoor Sabut Dal Paneer Butter Masala	FRIDAY 27 DEC. 2019 Green Salad Pickle Plain Curd Aloo Parantha Pasta in Pink Sauce Garlic Bread