

PARAS WORLD SCHOOL

BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1ST
3RD MASALA CROISSANT WITH FRUIT CUSTARD	4TH BREAD PAKORA WITH SAUCE AND VERMICILLI KHEER	5TH ADRAKI GOBHI PARANTHA WITH CURD AND FRUIT	6TH VEGETABLE PATTY, WITH SAUCE AND FRUIT	7TH TOMATO AND CHEESE SANDWICHES WITH HARA BHARA KABAB ,SAUCE AND FRUIT	8TH
MOONG MASOOR DAL, JEERA RICE AND MIX VEGETABLE	CHANA DAL PALAK,ALOO GOBHI WITH ROTI	SOYA CHAAP MASALA, ALOO MATAR GRAVY WITH ROTI	KADHI, CHAWAL WITH GAJAR-MATAR KI SABZI	PASTA IN RED SAUCE, FOCACIA BREAD AND SAUTEED VEGETABLES WITH MUFFINS	
10TH VEGETABLE UPMA WITH SAMBHAR AND FRUIT	11TH PAV BHAJI AND FRUIT	12TH DAL PARANTHA WITH RASSEDAR TAMATAR ALOO AND FRUIT	1ST RICE IDLI, SAMBHAR WITH COCONUT CHUTNEY AND FRUIT	14TH BREAD ROLLS WITH SAUCE AND FRUIT	15TH
WHOLE WHEAT KULCHA, AMRITSARI CHANA WITH LAUKI RAITA AND TIL CHIKKI	CHANA URAD DAL , NUTRELLA MATAR KEEMA , WITH ROTI AND MEETHI BOONDI	DAL MAKHNI, PALAK PANEER AND ROTI	VEGETABLE AND PANEER ROLLS WITH NUTRELLA BIRYANI AND BOONDI RAITA.	KALA CHANA , RICE AND PALAK PANEER WITH MINT RAITA.	
17TH PANEER PARANTHA ROLLS WITH FRUIT	18TH MATAR KULCHA WITH GREEN CHUTNEY AND FRUIT	19TH VEGETABLE CROSSIANT, WITH SAUCE & FRUIT CUSTARD	20TH CHEESE, TOMATO SANDWICHES WITH HARI BHARI TIKKI AND SAUCE WITH FRUIT	21ST PYAZ ALOO KA PARANTHA WITHCURD AND FRUIT	22ND HOLIDAY
SAFED LOBIYA ,ALOO METHI AND ROTI	MOONG MASOOR DAL, RICE, JEERA ALOO WITH MEETHI BOONDI	RAJMAH , RICE, PANEER MATAR KI SOOKHI SABZI AND JAGGERY	SABUT HARI MOONG DAL, VEGETABLE JALFREZI, AJWAINI PARANTHA AND JAGGERY	HAKKA NOODLES, CHILLI PANEER WITH POTATO WEDGES AND CAKE SLICE	
24TH BREAD PAKODA WITH SAUCE AND CINAMMON DOUGHNUTS	25TH CHRISTMAS HOLIDAY	26TH GOBHI PARANTHA WITH CURD AND FRUIT	27TH VEGETABLE PORRIDGE WITH CURD AND FRUIT	28TH VEGETABLE UPMA WITH SAMBAR AND TOMATO CHUTNEY.	29TH WINTER HOLIDAY STARTS
VEGETABLE AND PANEER ROLLS WITH VEGETABLE BIRYANI AND BOONDI RAITA		PUNJABI CHHOLEY RICE, GAJAR MATAR KI SABZI AND TILL CHIKKI	YELLOW MOONG DAL, BUTTER MASALA PANEER WITH ROTI	LEMON RICE, DAL VADA, SAMBHAR, COCONUT AND TOMATO CHUTNEY WITH COCONUT BARFI	