

KOTHARI INTERNATIONAL SCHOOL				
B-279, SECTOR 50, NOIDA				
Menu for the Month of March 2020				
FIRST & THIRD WEEK				
Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Aloo parantha with coriander chutney	Veg. upma	idli sambhar	pav bhaji	poori Aloo
Bournvita milk	Bread roll	boost milk	Ragi choccos milk	cornflakes milk
Badam cookies	muesli milk	Coconut cookies	grapes	Banana
Lunch				
Red masoor dal	yellow dal	Black masoor dal	Dal makhni	veg. uttapam
kadhai paneer	dum aloo	palak corn	aloo capsicum with onion	sambhar
Veg. pulao	Steamed rice	Steamed rice	Steamed rice	lemon rice
chapati	chapati	chapati	miss roti	idli with coconut chutney
Moong Dal halwa	Rice kheer with dry fruits gur waali	veg. soup	mix salad	Jalebi
		payasam		
Snacks at dispersal for Grade 1st to 5th				
Big size cookies	Banana	Badam Pista cookies	Muffins	Banana
SECOND & FOURTH WEEK				
Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Veg. wrap	stuffed wheat kulcha	Paneer parantha	Veg. vermicelli	Grilled sandwich
Badam pista milk	Bournvita milk	Hershey milk	Coco milk	Boost milk
Banana	Badam cookies	Muffins	Grapes	Lobhia & moong daal sprouts
Lunch				
Lobhia curry	rajma	panchratan dal	kadhi pakora	Chop suey
Paneer mater	nutrella corn	veg. jalferezi	aloo gobhi masala	veg. fried rice
steamed rice	steamed rice	corn rice	steamed rice	veg. chowmein
Chapati	chapati	chapati	chapati	veg. Manchurian
Gulab jamun	brownie	mix veg. raita	mix salad	Mix. Fruit cake with custard
		tomato soup		
<b><i>*In any unavoidable circumstances / non availability of any item in the market ,the food menu can be changed</i></b>				