

SAMPLE CANTEEN MENU

1st WEEK

DAY	EARLY BREAKFAST	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Banana, Warm Water	Pav Bhaji	Rajma with Jeera Rice, Phulka, Green Salad	Milk, Dhokla, Coconut Chutney	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Tuesday		Poha	Rice Dal, Chili Aloo, Phulka	Milk, Cholla Tikki	Seasonal Veg, Egg Bhurji, Rice, Daal, Roti
Wednesday		Aaloo Paratha with Dhaniya Chutney	Dal, Brinjal Fry, Rice, Seasonal Veg and Phulka	Milk, Biscuit	Chicken Masala, Rice, Daal Roti, Dry Seasonal Veg
Thursday		Chola Bhatura	Daal, Mix Veg, Rice, Phulka	Milk, Maggi	Seasonal Veg, Egg Fry, Rice, Daal, Roti
Friday		Daal Paratha with Tomato Chutney	Matar Paneer, Veg Pulao, Phulka	Milk, Onion Pakora	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Saturday		Urad Dal Kachori + Aaloo Sabji	Daal Tadka, Rice, Chapati, Pumpkin Fry	Milk, Muri with Chopped Onion, Tomato.	Chicken Masala, Rice, Roti, Daal, Dry Seasonal Veg
Sunday		Besan Chilla	Rice, Daal fry, Aloo with Seasonal Veg, Chapati, Papad	Milk, Suji Halwa	Rice, Daal, Egg Bhurji, Roti , Seasonal Veg

2nd WEEK

DAY	EARLY BREAKFAST	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Banana, Warm Water	Pav Bhaji	Kofta Curry, Rice, Daal fry, Chapati	Milk, Veg Chop	Seasonal Veg, Boiled Egg , Rice, Daal, Roti
Tuesday		Veg Roll	Matar Paneer, Veg Pulao, Chapati , Green Salad	Milk, Burger	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Wednesday		Palak Paratha with kala chana sabji	Veg Manchurian with Fried Rice and Hakka Noodles	Milk, Sprouted moong Chaat	Chicken Masala, Daal, Rice, Roti
Thursday		Puri with Aloo Tomato sabji	Rajma, Jeera Rice, Raita, Chapati	Milk, Samosa	Seasonal Veg, Egg Bhurji, Rice, Daal, Roti
Friday		Paratha and Yellow Matar	Aloo Pitika, Daal Fry, Rice, Chapati, Finger Fry	Milk, Kabuli Channa Chaat	Seasonal Veg, Egg Omlet, Rice, Daal, Roti
Saturday		Masala Pasta	Rice, Daal Fry, Aaloo Dum, Phulka	Milk, Veg Momo	Chicken Masala, Rice, Daal, Roti
Sunday		Puri with Aloo Chana Daal sabji	Rice, Daal Fry , Fried Potato, Mixed salad, Chapati	Milk, Kachori	Manchurian with Fried Rice

3rd WEEK

DAY	EARLY BREAKFAST	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Banana, Warm Water	Pav Bhaji	Rajma with Jeera Rice, Phulka, Green Salad	Milk, Dhokla, Coconut Chutney	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Tuesday		Masala Pasta	Jeera Rice, Dal, Aloo Dum, Phulka	Milk, Cholla Tikki	Seasonal Veg, Egg Bhurji, Rice, Daal, Roti
Wednesday		Aaloo Paratha with Dhaniya Chutney	Dal, Brinjal Fry, Rice, Seasonal Veg and Phulka	Milk, Biscuit	Chicken Masala, Rice, Daal Roti
Thursday		Chola Bhatura	Daal, Mix Veg, Rice, Phulka	Milk, Maggi	Seasonal Veg, Egg Fry, Rice, Daal, Roti
Friday		Daal Paratha with Tomato Chutney	Matar Paneer, Veg Pulao, Phulka	Milk, Onion Pakora	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Saturday		Urad Dal Kachori, Aaloo Sabji	Daal Tadka, Rice, Chapati, Pumpkin Fry	Milk, Muri with Chopped Onion, Tomato.	Chicken Masala, Rice, Roti, Daal
Sunday		Besan Chilla	Rice, Daal fry, Aloo with Seasonal Veg, Chapati, Papad	Milk, Chira Badam	Rice, Daal, Egg Bhurji, Roti , Seasonal Veg

4th WEEK

DAY	EARLY BREAKFAST	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Banana, Warm Water	Pav Bhaji	Kofta Curry, Rice, Daal Fry, Chapati	Milk,Veg Chop	Seasonal Veg, Boiled Egg , Rice, Daal, Roti
Tuesday		Veg Roll	Matar Paneer, Veg Pulao, Chapati , Green Salad	Milk, Burger	Seasonal Veg, Egg Curry, Rice, Daal, Roti
Wednesday		Palak Paratha with kala chana sabji	Veg Manchurian with Fried Rice and Hakka Noodles	Milk, Sprouted moong Chaat	Chicken Masala, Daal, Rice, Roti
Thursday		Puri with Aloo Tomato sabji	Rajma, Jeera Rice, Raita, Chapati	Milk, Samosa	Seasonal Veg, Egg Bhurji, Rice, Daal, Roti
Friday		Paratha and Yellow Matar	Aloo Pitika, Daal Fry, Rice, Chapati, Finger Fry	Milk, Kabuli Channa Chaat	Seasonal Veg, Egg Omlet, Rice, Daal, Roti
Saturday		Masala Pasta	Rice, Daal Fry , Aaloo Dum, Phulka	Milk, Veg Momo	Chicken Masala, Rice, Daal, Roti
Sunday		Puri with Aloo Chana Daal sabji	Rice, Daal Fry, Fried Potato, Mixed salad, Chapati	Milk, Kachori	Manchurian with Fried Rice