

Salwan Public School, Gurugram

MID DAY MEAL MENU 2024-2025 (MONTESSORI)

SUMMER MENU

WEEK	DAYS	MENU	
		08:30am	10:30am
FIRST WEEK	Monday	Sweet Dalia	Rajma+ rice
	Tuesday	Corn Cup	Karahi paneer+ chapati
	Wednesday	Banana	Veg. Biryani + Raita
	Thursday	Vermicelli Kheer	Seasonal vegetable + Chapati
	Friday	Poha	Kala Chana+ Rice
SECOND WEEK	Monday	Aloo Chat	Chana dal with Ghia+ Chapati
	Tuesday	Atta Bread Jam	Vegetable Fried Rice +Manchurian
	Wednesday	Bhelpuri	Idli, sambhar + chutney
	Thursday	Suji Halwa	Pindi Chole + Poori
	Friday	Banana	Seasonal Vegetable (Bhindi)+Raita
THIRD WEEK	Monday	Sooji Kheer	Dal+ Jeera aloo+ Chapati
	Tuesday	Upma	Pav bhaji
	Wednesday	Atta Halwa	Kadhai Paneer +Chapati
	Thursday	Kala Channa Chaat	kofta curry + Chapati
	Friday	Fresh whole Fruit	Kadhi + Rice
FOURTH WEEK	Monday	Vegetable Chopstick	Dal Makhani+ Rice
	Tuesday	Phirni/ Rice Kheer	Aloo curry + Petha Kaddu Bedmi Poori
	Wednesday	Banana	Paneer, capsicum, corn stuffed Kulcha + Tetra Juice
	Thursday	Vegetable Vermicelli	Lemon Rice + sambhar+ chutney
	Friday	Veg. Cheese Sandwich (Atta bread)	Vegetable Noodles/Pasta
FIFTH WEEK	Monday	Custard with nuts	Pindi chole + Rice
	Tuesday	Poha	Bread Pakora/Bread Roll
	Wednesday	Beans/Sprouts/Corn Cup	Vegetable pulao +Mint Raita
	Thursday	Fresh fruits	stuffed parantha+ raita
	Friday	Bread butter	Arhar dal + Rice

MID DAY MEAL MENU 2024-2025 (MONTESSORI)
WINTER MENU

WEEK	DAYS	MENU	
		08:30am	10:30am
FIRST WEEK	Monday	Sweet Dalia	Rajma+ rice
	Tuesday	Gajar Halwa	Karahi paneer/ shahi paneer /matar paneer+ chapati
	Wednesday	Mix Veg Kabab	Veg. Biryani + Raita
	Thursday	Sweet Corn Soup-	Seasonal vegetable + Chapati
	Friday	Poha	Kala Chana+ Rice
SECOND WEEK	Monday	Aloo Chat	Chana dal with Ghia+ Chapati
	Tuesday	Atta Bread Jam	Vegetable Fried Rice +Manchurian
	Wednesday	Tomato Soup +Bread Crumbs	Idli, sambhar + chutney
	Thursday	Suji Halwa	Pindi Chole + Poori
	Friday	Banana	Palak Paneer+ Makki Roti / chapati
THIRD WEEK	Monday	Sooji Kheer	Dal+ Jeera aloo+ Chapati
	Tuesday	Upma	Pav bhaji
	Wednesday	Besan Ladoo (2pc)	Karahi paneer/ shahi paneer /matar paneer+ chapati
	Thursday	Kala Channa Chaat	kofta curry + Chapati
	Friday	Fresh whole Fruit	Kadhi + Rice
FOURTH WEEK	Monday	Vegetable Chopstick	Dal Makhani+ Rice
	Tuesday	Phirni/ Rice Kheer	Aloo curry + Petha Kaddu Bedmi Poori
	Wednesday	Banana	Paneer, capsicum, corn stuffed Kulcha + Tetra Juice
	Thursday	Vegetable Vermicelli	Lemon Rice + sambhar+ chutney
	Friday	Veg. Cheese Sandwich (Atta bread)	Vegetable Noodles/Pasta
FIFTH WEEK	Monday	Mix Veg Soup	Pindi chole + Rice
	Tuesday	Poha	Bread Pakora/Bread Roll
	Wednesday	Beans/Sprouts/Corn Cup	Vegetable pulao +Bathua Raita
	Thursday	Fresh fruits (whole)	Gajar Matar aloo +Chapati
	Friday	Bread butter	Arhar dal + Rice