

PICT MODEL SCHOOL
Menu for the month of October, 2018

Day and Date	Breakfast	Lunch	Snacks
1 st , Monday	Moong dosa+ fruit	Chapatti+ bhendi subji+ pakoda kadhi + khichdi+ salad	Banana milkshake
2 nd , Tuesday	Holiday		
3 rd , Wednesday	Sago khichdi + fruit	Chapatti+ aloo subji+ palak rice + dal fry + raita	Bournvita Milk + Bread and Butter
4 th , Thursday	Veg. poha + fruit	Chapatti+ veg.kadhai+ rajma+ tomato rice+ salad	Carrot kheer
5 th , Friday	Nachni dosa + fruit	Chapatti + paneer matar + chana dry + plain rice+ raita	Bournvita Milk + Digestive biscuit
8 th , Monday	Tomato omlette+ fruit	Chapatti + moong usal + jeera rice + bhendi fry+ salad	Bournvita Milk + Bhel
9 th , Tuesday	Idli + sambar + fruit	Chapatti+ potato capsicum+ chole + veg.pulao + raita	Banana milkshake
10 th , Wednesday	Daliya upma + fruit	Chapatti+ mix veg + tomato rice + mixed dal + raita	Bournvita Milk + rajgeera laddoo
11 th , Thursday	Sevai upma + fruit	Chapatti+ soya dry + pakoda kadhi+ khichdi+ salad	Masala Milk + Chikki
12 th , Friday	Veg poha + fruit	Chapatti+ aloo matar dry+ jeera rice+ dal tadka + salad	Sevai kheer
13 th , Saturday	Holiday		
15 th , Monday	Sago khichdi + fruit	Chapatti+ tawa veg + tomato rice+ plain dal+ salad	Bournvita Milk + rajgeera laddoo
16 th , Tuesday	Rawa idli +sambar + fruit	Chapatti+ bhendi subji + masoor usal+ plain rice + salad	Bournvita Milk + cake
17 th , Wednesday	Rawa upma+ fruit	Chapatti+ palak paneer+ dal tadka +veg pulav+ raita	Sevai kheer
18 th , Thursday	Sabudana Khichdi + fruit	Chapatti+ mix.veg + palak rice+ matki usal+ salad	Bournvita Milk + Chikki
19 th , Friday	Holiday		
20 th , Saturday	Moong dosa + chutney+ fruit	Chapatti+ bhendi subji+ rajma + tomato rice + raita	Masala Milk + Pumpkin puri
22 nd , Monday	Daliya upma + fruit	Chapatti+ mix.veg +dal fry + plain rice + raita	Carrot kheer
23 rd , Tuesday	Onion uttapa+ fruit	Chapatti+ paneer bhurji+ chole + jeera rice + salad	Bournvita Milk + rajgeera laddoo
24 th , Wednesday	Veg Cutlet + chutney + fruit	Chapatti+ aloo capsicum + dal tadka + veg. pulav+ raita	Bournvita Milk + Oreo biscuit
25 th , Thursday	Paratha Butter + fruit	Chapatti+ matki dry + pakoda kadhi + khichdi+ finger chips	Sevai kheer
26 th , Friday	Sago khichdi + fruit	Chapatti+ soya dry + plain dal + plain rice+ raita	Bournvita Milk + Chikki
29 th , Monday	Moong dosa + chutney+ fruit	Chapatti+ black chana dry + palak rice + dal tadka + salad	Bournvita Milk + bread butter
30 th , Tuesday	Veg. poha + fruit	Chapatti+ palak aloo + masoor usal + veg pulav+ raita	Bournvita Milk + rajgeera laddoo
31 st , Wednesday	Nachni dosa + fruit	Chapatti+ mix. veg+ chole + jeera rice + salad	Carrot kheer