

PICT MODEL SCHOOL
Menu January, 2019

Day and Date	Breakfast	Lunch	Snacks
2 nd January, Wednesday	Daliya upma + fruit	Chapatti+ mix. veg+ dal khichdi + kadhi + finger chips	Bournvita milk + digestive biscuit
3 rd January, Thursday	Sago khichdi + fruit	Chapatti+ palak paneer + tomato rice+ dal tadka + salad	Banana milkshake
4 th January, Friday	Moong dosa + fruit	Chapatti+ gobi aloo + moong usal + jeera rice + raita	Bournvita Milk + bread butter
5 th January, Saturday	Paratha + Curd	Chapatti+ tawa veg + dal fry+ tomato rice + sweet	
7 th January, Monday	Veg. poha + fruit	Chapatti + paneer subji + plain dal + plain rice + salad	Sevai khir
8 th January, Tuesday	Rawa dosa + fruit	Chapatti+ aloo capsicum + jeera rice+ rajma + salad	Bournvita milk + rajgeera laddoo
9 th January, Wednesday	Idli + chutney + fruit	Chapatti+ veg. kadhai + dal palak + tomato rice + raita	Masala milk + pumpkin puri
10 th January, Thursday	Sago khichdi + fruit	Chapatti+ bhendi fry + chole + Veg. pulao + salad	Bournvita milk + digestive biscuit
11 th January, Friday	Veg Cutlet + chutney + fruit	Chapatti+ chana dry + palak rice+ plain dal + raita	Masala milk + sprout bhel
12 th January, Saturday	Rawa upma + fruit	Roti +moong usal +plain rice+ aloo jeera+ raita	
15 th January, Tuesday	Sevai upma + fruit	Chapatti+ veg kofta + moong usal + palak rice + salad	Carrot khir
16 th January, Wednesday	Tomato omlette+ fruit	Chapatti+ palak aloo + dal khichdi + pakoda kadhi + salad	Bournvita milk + rajgeera laddoo
17 th January, Thursday	Veg poha + fruit	Chapatti+ tawa veg + palak rice+ masoor usal+ salad	Masala milk + cake
18 th January, Friday	Daliya upma + fruit	Chapatti+ paneer kadhai + jeera rice + chole + salad	Bournvita milk + chikki
21 st January, Monday	Sago khichdi + fruit	Chapatti+ gobi aloo + masoor usal + Veg pulao + raita	Bournvita milk + Oreo biscuit
22 nd January, Tuesday	Veg Cutlet + chutney + fruit	Chapatti+ mix. veg + plain rice + dal tadka + salad	Apple milkshake
23 rd January, Wednesday	Daliya upma + fruit	Chapatti+ bhendi bhaji+ palak rice+ rajma+ raita	Bournvita Milk + rajgeera laddoo
24 th January, Thursday	Nachni dosa + fruit	Chapatti+ soya dry+ tomato rice+ dal lasooni+ salad	Carrot khir
25 th January, Friday	Veg Poha+ fruit	Chapatti+ veg kofta curry+ dal takda + jeera rice+ raita	Masala Milk + digestive biscuit
26 th January, Saturday	Idli + sambhar+ fruit		
28 th January, Monday	Sago khichdi + fruit	Chapatti+ tawa veg + masoor usal + Veg pulao+ raita	Bournvita milk + chikki
29 th January, Tuesday	Rawa idli + fruit	Chapatti+ paneer subji + dal fry + tomato rice+ salad	Bournvita milk + sprout bhel
30 th January, Wednesday	Tomato omlette+ fruit	Chapatti+ aloo palak +lemon rice + chawli usal + raita	Shevai khir
31 st January, Thursday	Daliya upma + fruit	Roti + gobi mattar + soya rice+ moong usal + salad	Masala milk+ pumpkin puri