

PICT MODEL SCHOOL
Menu for the month of March, 2019

Day and Date	Breakfast	Lunch	Snacks
1 st , Friday	Veg. cutlet + chutney + fruit	Roti + Paneer kadhai veg+ Veg Pulav + Dal Tadka + salad	Masala milk + rajgeera laddoo
4 th , Monday			
5 th , Tuesday	Methi paratha + chutney + fruit	Roti + Pakoda Kadhi + veg. khichdi + Dum aloo	Milk with Bournvita + Sprout bhel
6 th , Wednesday	Sevai Upma + fruit	Roti + capsicum and potato sabzi + plain dal + rice + raita	Carrot kheer
7 th , Thursday	Rawa dosa + chutney + fruit	Roti + mix. veg + jeera rice + rajma + salad	Milk with Bournvita + cake
8 th , Friday	Veg Sevai upma + fruit	Roti + soya dry + tomato rice + masoor usal+ raita	Milk with Bournvita + rajgeera laddoo
11 th , Monday	Dosa + sambar + fruit	Roti + suran chana sabzi + plain rice + moong usal salad	Masala Milk+ digestive biscuits
12 th , Tuesday	Uttapa+ sambar + fruit	Roti + mushroom matar + dal fry + plain pulao + raita	Milk with Bournvita + chiki
13 th , Wednesday	Mix veg paratha + curd + fruit	Roti + bhindi fry + mixed dal + plain rice + salad	Masala Milk + Oreo biscuits
14 th , Thursday	Rawa upma + fruit	Roti + chole + gobi aloo + jeera rice + raita	Milk with Bournvita + bread butter
15 th , Friday	Wheat pasta + fruit	Roti + peas pulav + tomato soup + paneer kadhai + chouli	Masala milk + cake
16 th Saturday	Puri bhaji + tea	Veg. noodles + veg.machurian + fried rice + dal fry	Tea
18 th , Monday		Stuffed Paratha + curd + chole + jeera rice	Tea
19 th , Tuesday		Roti + aloo jeera + veg.pulao + mixed dal + salad	Tea
20 th , Wednesday		Roti + paneer dopaiza + rajma + plain rice + gulab jamoon	Tea
22 nd , Friday		Roti + mix veg. sabzi + pakoda kadhi + plain rice	Tea
23 rd Saturday	Idli sambar chutney	Roti + baingan bharta + chole + peas pulav + papad	
25 th , Monday		Roti + bhindi sabzi + mixed dal + tomato rice + salad	Tea
26 th , Tuesday		Roti + jackfruit sabzi + dal fry + plain rice + raita	Tea
27 th , Wednesday		Roti + paneer kadhai + moong usal + soya rice + salad	Tea
28 th , Thursday		Roti + thecha+ plain dal + jeera rice + ridge gourd aloo+ raita	Tea
29 th , Friday		Roti + mix veg subzi + rajma + plain rice + buttermilk	Tea
30 th , Saturday	Methi paratha + curd	Roti + bharela baingan + dal tadka + tomato rice+ salad	Tea