



EICHER SCHOOL FARIDABAD

MENU PLAN

JANUARY

1st and 5th Week

Monday	Palak Paneer/Kofta
Tuesday	Carrot/ Peas
Wednesday	Cabbage/Cauliflower
Thursday	Any Saag
Friday	Child Choice

2nd Week

Monday	Brinjal/Capsicum
Tuesday	Paneer/Mushroom
Wednesday	Methi/ Peas
Thursday	Rajma/Channa
Friday	Poha/Upma

3rd Week

Monday	Puri Aloo
Tuesday	Capsicum/Spring Onion
Wednesday	Any Cheela with Coconut and Mint chutney
Thursday	Turnip/Parval
Friday	Poha/Upma

4th Week

Monday	Stuffed Parantha/Brown bread veg. sandwich
Tuesday	Veg. Pulao/ Dal Rice
Wednesday	Mix Veg./ Beans
Thursday	Any Besan Dish
Friday	Veg. Cutlets with chutney of choice

Fruit Break

Monday	Orange/Kinnow
Tuesday	Cheeku/Apple
Wednesday	Papaya/Grapes
Thursday	Banana/Guava
Friday	Strawberry/Pomegranate