



EICHER SCHOOL FARIDABAD

MENU PLAN

FEBUARY

1st and 5th Week

Monday	Carrot/Cauliflower
Tuesday	Pea/Soyabeans
Wednesday	Aloo/Radish/Paneer Parantha with Chutney/Pickle
Thursday	Any Kofta-Ghiya/Palak/Banana
Friday	Child Choice

2nd Week

Monday	Upma /Uttapam/Apppe
Tuesday	Corn/Peas
Wednesday	Paneer/Tofu/Soya
Thursday	Carrot/Cauliflower
Friday	Any Sprout Chat/Channa/Kidney Beans/Moong

3rd Week

Monday	Any Saag
Tuesday	Kulcha/Puri with Vegetable
Wednesday	Broccoli /Cauliflower
Thursday	Bajra /Makki ki roti with any Vegetable
Friday	Brown Bread Veg. Sandwich

4th Week

Monday	Any Kofta
Tuesday	Aloo Mattar/ Mattar Paneer
Wednesday	Palak/Methi
Thursday	Besan Kadhi /Channa with Rice
Friday	Veg. Cheela

Fruit Break

Monday	Banana/Kiwi
Tuesday	Kinnow/Guava
Wednesday	Apple/Pineapple
Thursday	Custard Apple/Oranges
Friday	Dates/Cherries



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MENU PLAN

MARCH

1st and 5th Week

Monday	Brinjal/Turnip
Tuesday	Shahi Paneer/Chilli Paneer
Wednesday	Pumpkin/ Bottle Gourd (ghiya)
Thursday	Rajma/Channa with Rice
Friday	Child's Choice

2nd Week

Monday	Mix Vegetable
Tuesday	Spring Onion/Bathua
Wednesday	Turnip/capsicum
Thursday	Cabbage/Cauliflower
Friday	Sweet Potato/Arbi Chaat

3rd Week

Monday	Any Saag
Tuesday	Broccoli/Cabbage
Wednesday	Kadhi Rice/ Any Besan dish
Thursday	Bajra/Makki/Ragi Roti with any vegetable
Friday	Veg. Cheela/ Veg. Cutlet

4th Week

Monday	Mushroom/Paneer
Tuesday	Brinjal/Peas
Wednesday	Aloo Puri
Thursday	Any Beans
Friday	Veg. Upma/ Veg. Sandwich

Fruit Break

Monday	Kinnow/Dates
Tuesday	Kiwi/Guava
Wednesday	Apple/Strawberry
Thursday	Orange/Pomegranate
Friday	Banana/Grapes