



EICHER SCHOOL FARIDABAD

MENU PLAN

AUGUST

1st and 5th Week

Monday	Paneer /Soyabeans
Tuesday	Tori /Tinda
Wednesday	Brinjal/Ash Gourd
Thursday	Beans/Any Dal
Friday	Bread Pizza/Spinach corn toast

2nd Week

Monday	Rice/Rava idli/Apple with coconut Chutney
Tuesday	Corn Palak/Capsicum
Wednesday	Chilli Paneer/Tofu
Thursday	Mix veg
Friday	Any stuffed Parantha

3rd Week

Monday	Mixed Veg / Tori
Tuesday	Kulcha / Puri with Vegetable
Wednesday	Pumpkin / Karela (Bitter Gourd)
Thursday	Mushroom / Parwal
Friday	Child's choice

4th Week

Monday	Any kofta Lauki / Aloo
Tuesday	Aloo Mattar / Mattar Paneer
Wednesday	Palak / Any leafy vegetable
Thursday	Kadhi Rice / Channa Rice
Friday	Dal Parantha / Bread Pakora

Fruit Break

Monday	Banana/Kiwi
Tuesday	Grapes/Papaya
Wednesday	Litchi/Pineapple
Thursday	Mango/ Plum
Friday	Any Sprout Chaat-Channa/Kidney Beans/Moong



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September

1st and 5th Week

Monday	Pumpkin/ Any daal
Tuesday	Brinjal/Lady Finger
Wednesday	Idli / Appe
Thursday	Channa Rice/ kofta
Friday	Veg sandwiches/Stuffed Paratha

2nd Week

Monday	Jackfruit /Jimmi kand
Tuesday	Tori/Tinda
Wednesday	Kundru/ lauki (Green Gourd)
Thursday	Paneer/Rajma
Friday	Veg. Poha/ Veg. Cheela

3rd Week

Monday	Aloo/Bhaji/Puri
Tuesday	Arbi / Capsicum
Wednesday	Kadhi/Besan Gatta
Thursday	Cabbage/ Brinjal
Friday	Pasta/ Burger/vada with mint and coriander chutney

4th Week

Monday	Arbi/Lotus stem
Tuesday	Paneer/Dal
Wednesday	Mix Veg/ Beans
Thursday	Tori/Pumpkin
Friday	Veg Cutlets /Veg Sandwiches

Fruit Break

Monday	Kiwi/Papaya
Tuesday	Plum/Apple
Wednesday	Plums/Grapes
Thursday	Banana/Pears
Friday	Apple/Pomegranate



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MENU PLAN

October

1st and 5th Week

Monday	Upma/Veg. Cheela
Tuesday	Paneer /Soyabeans
Wednesday	Brinjal/Cauliflower
Thursday	Beans/ Dal
Friday	Bread Pizza/Spinach corn toast

2nd Week

Monday	Nutrella/Tofu
Tuesday	Corn/Capsicum
Wednesday	Dal Makhani/Channa
Thursday	Tinda/Lauki (Green Gourd)
Friday	Child 's Choice

3rd Week

Monday	Mixed Veg/Cabbage
Tuesday	Kulcha/Puri with Vegetable
Wednesday	Pumpkin/ Karela (Bitter Gourd)
Thursday	Mushroom/Parwal
Friday	Any Pakora/Veg Roll with mint & coriander chutney

4th Week

Monday	Stuffed Parantha
Tuesday	Any Besan dish
Wednesday	Dal Palak/Cauliflower
Thursday	Kadhi Rice/Channa Rice
Friday	Child's choice

Fruit Break

Monday	Banana/Grapes
Tuesday	Oranges/Papaya
Wednesday	Guava/Pineapple
Thursday	Pomegranate/ Singhara
Friday	Pear/Litchi



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November

1st and 5th Week

Monday	Palak Paneer/Matar Paneer
Tuesday	Cabbage/Cauliflower
Wednesday	Mushroom/Aloo Meethi
Thursday	Rajma/Chana
Friday	Child choice

2nd Week

Monday	Brinjal/Capsicum
Tuesday	Spring onion/Soya Chaap
Wednesday	Veg Poha/Veg Sandwich
Thursday	Parwal/Beans
Friday	Bread Pizza

3rd Week

Monday	Rice/Rawa Idli
Tuesday	Suji /Wheat Pasta
Wednesday	Any Kofta
Thursday	Saag
Friday	Cabbage Parantha /Daal Parantha

4th Week

Monday	Soya bean/ Any besan dish
Tuesday	Rajma Rice/Kadhi Rice
Wednesday	Veg Chilla
Thursday	Uthappam/Upma
Friday	Chilli Panner/Paneer Capsicum

Fruit Break

Monday	Papaya/Kiwi
Tuesday	Apple/Pear
Wednesday	Mausmi /Chiku
Thursday	Banana/Guava
Friday	Melon/Custard apple