



EICHER SCHOOL FARIDABAD

MENU PLAN

JANUARY

1st and 5th Week

Monday	Palak Paneer/ Brinjal
Tuesday	Carrot/ Peas
Wednesday	Cabbage/Cauliflower
Thursday	Any Besan Dish
Friday	Child Choice

2nd Week

Monday	Rajma/Channa
Tuesday	Paneer/Mushroom
Wednesday	Methi Mattar/Aloo Mattar
Thursday	Kofta /Capsicum
Friday	Poha/Upma

3rd Week

Monday	Aloo Bhaji with Puri
Tuesday	Spring Onion / Capsicum
Wednesday	Cheela with Coconut and Mint chutney
Thursday	Any Dal
Friday	Stuffed Parantha /Veg. brown bread sandwich

4th Week

Monday	Palak Corn/Saag
Tuesday	Veg. Pulao/Lemon Rice/Dal Rice
Wednesday	Mix Veg./ Green Beans
Thursday	Any Besan Dish
Friday	Veg. Cutlet's with Chutney

Fruit Break

Monday	Orange/Kinnow
Tuesday	Chikku/Pomegranate
Wednesday	Papaya/ Khajoor
Thursday	Banana/Guava
Friday	Strawberry/Berries



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MENU PLAN

FEBRUARY

1st and 5th Week

Monday	Rajma-Rice/Channa- Rice
Tuesday	Peas/Soyabean Dish
Wednesday	Carrot/Cauliflower
Thursday	Any Kofta (Palak/Banana/Paneer/Ghia)
Friday	Aloo/Radish/Paneer Parantha with Chutney/Pickle

2nd Week

Monday	Upma /Uttapum /Appe with coconut chutney
Tuesday	Corn/Peas
Wednesday	Paneer/Tofu/Soyabean Dish
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	Fried Rice
Friday	Brown Bread Sandwiches

4th Week

Monday	Kadhi Rice/Channa Rice
Tuesday	Aloo Pea/ Mattar Paneer
Wednesday	Any Palak Dish
Thursday	Bajra /Makki ki roti with any Vegetable
Friday	Child's Choice

Fruit Break

Monday	Banana/Kiwi
Tuesday	Kinnow/Guava
Wednesday	Apple/Pineapple
Thursday	Strawberry/Oranges
Friday	Berries/Cherries



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MENU PLAN

MARCH

1st and 5th Week

Monday	Rajma Rice/ Channa Rice
Tuesday	Shahi Paneer/Chilli Paneer
Wednesday	Pumpkin/ Bottle gourd
Thursday	Any Saag
Friday	Child's Choice

2nd Week

Monday	Mix Veg. with puri
Tuesday	Spring Onion/Bathua
Wednesday	Turnip/capsicum
Thursday	Cabbage/Cauliflower
Friday	Sweet Potato/Sprout Chaat

3rd Week

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

4th Week

Monday	Rajma Rice/Channa Rice
Tuesday	Brinjal/Capsicum
Wednesday	Aloo Puri/Any Bhaji Puri
Thursday	Veg. Upma/ Veg. brown bread sandwich
Friday	Child's Choice

Fruit Break

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