



EICHER SCHOOL FARIDABAD

MENU PLAN

APRIL

1st and 5th Week

Monday	Lady finger/Capsicum
Tuesday	Paneer/ Tofu
Wednesday	Rajma -Rice/ Kadhi-Rice
Thursday	Aloo & Soya leaves (Dill leaves)/ Aloo & Methi
Friday	Child's choice

2nd Week

Monday	Dosa/ Dal Cheela
Tuesday	Palak kofta/ Aloo & Chholia (Hara Chana)
Wednesday	Cauliflower/Cabbage
Thursday	Broccoli/ Pumpkin
Friday	Veg. Brown bread Sandwiches/Brown Bread rolls

3rd Week

Monday	Aloo Suzbi with Puri
Tuesday	Mushroom / Capsicum
Wednesday	Spring onion Paneer/Besan Dish
Thursday	Cabbage/ Guar beans (Cluster beans)
Friday	Stuffed Parantha with Yogurt

4th Week

Monday	Brinjal/Methi & Peas
Tuesday	Paneer/ Soya nuggets
Wednesday	Arbi/ Beans
Thursday	Tori/Pumpkin
Friday	Veg. Pasta/Veg Cutlets (banana, corn) with mint chutney

Fruit Break

Monday	Kiwi/Papaya
Tuesday	Orange/Apple
Wednesday	Raspberry/Grapes
Thursday	Banana/Guava
Friday	Ber/Apple/Pomegranate



EICHER SCHOOL FARIDABAD

MENU PLAN

MAY

1st and 5th Week

Monday	Tori /Broccoli
Tuesday	Paneer /Soyabeans
Wednesday	Brinjal/Cauliflower
Thursday	French Beans/ Cluster Beans
Friday	Brown Bread Pizza/Veg. Burger

2nd Week

Monday	Idli /Appe with coconut Chutney
Tuesday	Spinach Corn/Capsicum
Wednesday	Gatte /Tofu
Thursday	Tinda/Cauliflower
Friday	Any Sprout Chat-Channa/Kidney Beans/Moong

3rd Week

Monday	Mixed Veg./ Any Dal
Tuesday	Kulcha/Puri with Vegetable
Wednesday	Pumpkin/ Karela
Thursday	Mushroom/Parwal
Friday	Any Pakora/Veg. Roll with mint & coriander chutney

4th Week

Monday	Any kofta -Bottle Gourd/ Banana/Aloo
Tuesday	Aloo & Peas/ Paneer & Peas
Wednesday	Brinjal/Cauliflower
Thursday	Kadhi Rice/Channa Rice
Friday	Child's choice

Fruit Break

Monday	Banana/Kiwi
Tuesday	Grapes/Papaya
Wednesday	Litchi/Pineapple
Thursday	Mango/ Plum
Friday	Phalsa/Jamun