



EICHER SCHOOL FARIDABAD

MENU PLAN

JULY

1st and 5th Week

Monday	Paneer/Soya
Tuesday	Samber Rice/ Dal Rice
Wednesday	Tinda/ Tori
Thursday	Rajmah/ Channa
Friday	Child's Choice

2nd Week

Monday	Tinda/ Capsicum
Tuesday	Lauki/ Arbi
Wednesday	Beans/Lady finger
Thursday	Kadhi Rice
Friday	Veg. Roll/ Veg. Sandwich

3rd Week

Monday	Puri Aloo
Tuesday	Any summer beans
Wednesday	Any dish with besan
Thursday	Paneer
Friday	Pasta/ Macaroni with vegetables

4th Week

Monday	Brinjal/Arbi
Tuesday	Rajma/Dal
Wednesday	Mix Veg./ Beans
Thursday	Tori/Pumpkin
Friday	Vada/Tikki with chutney

Fruit Break

Monday	Watermelon/Papaya with lemon dressing
Tuesday	Plum/ Phalsa
Wednesday	Watermelon /Jamun
Thursday	Banana/Muskmelon
Friday	Melon/Mango