



EICHER SCHOOL FARIDABAD

MENU PLAN

AUGUST

1st and 5th Week

Monday	Tori /Tinda
Tuesday	Paneer /Soyabeans
Wednesday	Brinjal/Ash Gourd
Thursday	Child's choice
Friday	Any Dal

2nd Week

Monday	Idli / Dosa with coconut Chutney
Tuesday	Capsicum Paneer / Capsicum aloo
Wednesday	Soya/Tofu
Thursday	Mix Veg.
Friday	Brown bread Veg. Sandwich

3rd Week

Monday	Lady finger/ Tori
Tuesday	Kulcha / Puri with Vegetable
Wednesday	Pumpkin / Karela / Cauliflower
Thursday	Mushroom / Paneer
Friday	Child's choice

4th Week

Monday	Any Kofta dish
Tuesday	Lady finger
Wednesday	Any leafy vegetable
Thursday	Kadhi Rice / Channa Rice
Friday	Dal Parantha / Pakora

Fruit Break

Monday	Banana / Phalsa
Tuesday	Grapes /Papaya
Wednesday	Pear/ Pineapple
Thursday	Mango / Plum
Friday	Apple / Jamun



EICHER SCHOOL FARIDABAD

MENU PLAN

SEPTEMBER

1st and 5th Week

Monday	Channa / Rajma
Tuesday	Peas / Lady Finger
Wednesday	Idli / Appe with coconut chutney
Thursday	Pumpkin / Brinjal
Friday	Stuffed Parantha

2nd Week

Monday	Any Dal
Tuesday	Capsicum / Tinda
Wednesday	Jackfruit / Pumpkin / Peas
Thursday	Paneer
Friday	Veg. Poha / Veg. Cheela

3rd Week

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

4th Week

Monday	Veg. Cutlets / Veg. Sandwich
Tuesday	Paneer / Dal
Wednesday	Mix Veg.
Thursday	Tori / Green Beans
Friday	Child's Choice

Fruit Break

Monday	Pear / Guava
Tuesday	Plum / Apple
Wednesday	Papaya / Grapes
Thursday	Banana / Pears
Friday	Apple / Pomegranate