



EICHER SCHOOL FARIDABAD

MENU PLAN

October

1st and 5th Week

Monday	Okra (Ladyfinger) /Tinda (Indian round gourd)
Tuesday	Paneer (Cottage cheese) /Soyabean
Wednesday	Brinjal/ Lauki (Bottle Gourd)
Thursday	Beans/ Dal Rice
Friday	Bread Pizza/Spinach Corn toast

2nd Week

Monday	Tori (Sponge gourd)/ Petha (Ash gourd)
Tuesday	Capsicum/Arbi (Taro root)
Wednesday	Any Dal / Kabuli Chana
Thursday	Cauliflower /Mixed Vegetable
Friday	Child's Choice

3rd Week

Monday	Any besan (gram flour) dish
Tuesday	Kulcha/Puri with Potato
Wednesday	Pumpkin/ Karela (Bitter gourd)
Thursday	Beans/Parwal (Pointed gourd)
Friday	Any Pakora/Veg Roll

4th Week

Monday	Stuffed Paratha
Tuesday	Cabbage/ Any leafy vegetable
Wednesday	Dal Palak/Cauliflower
Thursday	Kadhi Rice/Chana Rice
Friday	Child's choice

Fruit Break

Monday	Banana/ Apple
Tuesday	Pear/Papaya
Wednesday	Guava/Grapes
Thursday	Pomegranate/ Singhara
Friday	Pear/Mosambi



EICHER SCHOOL FARIDABAD

MENU PLAN

November

1st and 5th Week

Monday	Palak Paneer/ Any green leafy vegetable
Tuesday	Broccoli / Mixed Vegetable
Wednesday	Mushroom /Methi (Fenugreek)
Thursday	Rajma Rice/Chana Rice
Friday	Child's choice

2nd Week

Monday	Peas / Cabbage
Tuesday	Paneer (Cottage cheese)/ Soyabean
Wednesday	Veg Poha/ Veg Biryani/Pulao
Thursday	Methi (Fenugreek)/Palak (Spinach)
Friday	Bread Pizza/ Veg Sandwich

3rd Week

Monday	Idi Sambar/ Dal rice
Tuesday	Mushroom /Turnip
Wednesday	Green gourd (Lauki) /Pumpkin
Thursday	Saag/Cabbage
Friday	Any Stuffed Paratha / Veg dal Cheela

4th Week

Monday	Any Besan dish /Gatta
Tuesday	Peas Paneer /Chilli Paneer
Wednesday	Broccoli/ Cauliflower
Thursday	Green Beans / Brinjal
Friday	Uttapam /Appa/ Oats Cheela

Fruit Break

Monday	Papaya/Banana
Tuesday	Apple/Orange
Wednesday	Sweet lime /Grapes
Thursday	Banana/Pomegranate
Friday	Apple/Custard apple



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MENU PLAN

December

1st and 5th Week

Monday	Cauliflower/Cabbage
Tuesday	Palak (Spinach) Paneer / Corn Palak
Wednesday	Turnip/Pumpkin
Thursday	Carrot /Peas
Friday	Idi Sambar/ Dosa

2nd Week

Monday	Spring onion/ Spinach
Tuesday	Brinjal/Capsicum
Wednesday	Peas/Beans
Thursday	Rajma Rice/ Chana Rice
Friday	Child's Choice

3rd Week

Monday	Mixed Vegetable
Tuesday	Kulcha/Puri with Vegetable
Wednesday	Paneer (Cottage cheese) /Peas
Thursday	Cauliflower/Carrot
Friday	Stuffed Paratha /Veg. Sandwich

4th Week

Monday	Puri Bhaji /Paratha Sabji
Tuesday	Any Besan dish
Wednesday	Paneer (Cottage cheese) /Mushroom
Thursday	Palak (Spinach) /Methi (Fenugreek)
Friday	Child's choice

Fruit Break

Monday	Orange/Kinnow
Tuesday	Papaya/Banana
Wednesday	Guava/Apple
Thursday	Banana/Sweet lime
Friday	Pomegranate/Strawberry