



# EICHER SCHOOL FARIDABAD

## MENU PLAN

### JANUARY

#### 1<sup>st</sup> and 5<sup>th</sup> Week

Monday	Palak Paneer/Tofu
Tuesday	Beans/ Peas
Wednesday	Cabbage/Cauliflower
Thursday	Any Besan Dish
Friday	Child's Choice

#### 2<sup>nd</sup> Week

Monday	Brinjal/Capsicum
Tuesday	Carrot/Mushroom
Wednesday	Rajma /Channa
Thursday	Methi Aloo/ Gajar Matter
Friday	Uttapam /Upma /Rava idli

#### 3<sup>rd</sup> Week

Monday	Aloo Bhaji /Petha Sabzji
Tuesday	Spring Onion / Capsicum
Wednesday	Cheela /Besan with Coconut and Mint chutney
Thursday	Turnip/Carrot
Friday	Stuffed Parantha

#### 4<sup>th</sup> Week

Monday	Any Saag (child choice)
Tuesday	Veg. Pulao /Lemon Rice /Dal Rice
Wednesday	Mix Veg./ Beans
Thursday	Rajma / Channa
Friday	Veg. Cutlets (banana, corn) with Chutney

*\*Children are free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

#### Fruit Break

Monday	Orange/Kinnow
Tuesday	Chikku/Apple
Wednesday	Papaya/ Khajoor
Thursday	Banana/Guava
Friday	Strawberry/Grapes



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## MENU PLAN

### FEBRUARY

#### 1<sup>st</sup> and 5<sup>th</sup> Week

Monday	Any Dal
Tuesday	Peas /Soyabeans
Wednesday	Carrot /Cauliflower
Thursday	Any Kofta (Palak/ Banana/ Paneer)
Friday	Aloo /Radish /Paneer Parantha with Chutney

#### 2<sup>nd</sup> Week

Monday	Upma /Utappam /Appe
Tuesday	Corn /Peas
Wednesday	Paneer / Tofu/ Soya
Thursday	Carrot /Cauliflower
Friday	Any Sprout Chat (Channa/Kidney Beans/Moong)

#### 3<sup>rd</sup> Week

Monday	Any Saag
Tuesday	Kulcha/Puri with Vegetable
Wednesday	Broccoli /Cauliflower
Thursday	Bajra /Makki ki roti with any Vegetable
Friday	Brown Bread Sandwich

#### 4<sup>th</sup> Week

Monday	Kadhi /Channa
Tuesday	Mattar Aloo / Mattar Paneer
Wednesday	Palak /Bathua sabzji
Thursday	Kofta /Aloo Choliya
Friday	Veg. Fried Rice

*\*Children are free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

#### Fruit Break

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



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## MENU PLAN

### MARCH

#### 1<sup>st</sup> and 5<sup>th</sup> Week

Monday	Brinjal /Turnip
Tuesday	Shahi Paneer /Chilli Paneer
Wednesday	Pumpkin/ Bottle gourd
Thursday	Any Beans
Friday	Child's Choice

#### 2<sup>nd</sup> Week

Monday	Mix Veg. / Aloo Gajar
Tuesday	Spring Onion/Bathua
Wednesday	Turnip /Capsicum
Thursday	Cabbage /Cauliflower
Friday	Veg. Cutlet /Sprout Chaat

#### 3<sup>rd</sup> Week

Monday	Channa Saag / Sarson Saag
Tuesday	Broccoli /Cabbage
Wednesday	Kadhi / Any Besan dish
Thursday	Bajra /Makki /Ragi Roti with any vegetable
Friday	Cheela / Dosa

#### 4<sup>th</sup> Week

Monday	Rajma /Channa
Tuesday	Brinjal /Capsicum
Wednesday	Aloo Puri
Thursday	Mushroom /Paneer peas
Friday	Upma with vegetables / Veg. Sandwich

*\*Children are free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

#### Fruit Break

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