



EICHER SCHOOL FARIDABAD

MENU PLAN

APRIL

1st and 5th Week

Monday	Rajma/ Kadhi
Tuesday	Paneer/ Tofu
Wednesday	Lady finger/ Capsicum
Thursday	Any Green leafy vegetable
Friday	Child's choice

2nd Week

Monday	Dosa/ Dal Chilla
Tuesday	Choliya (hara channa) Aloo
Wednesday	Cauliflower/ Cabbage
Thursday	Broccoli/ Pumpkin
Friday	Brown Bread -Veg. Sandwich/ Bread rolls

3rd Week

Monday	Aloo-Bhaji
Tuesday	Mushroom / Capsicum
Wednesday	Paneer with spring onion/ Besan Gatta
Thursday	Cabbage/ Guar beans (Cluster beans)
Friday	Stuffed Parantha with Yogurt

4th Week

Monday	Brinjal/Methi Matter
Tuesday	Paneer/ Soyabean
Wednesday	Arbi/ Beans
Thursday	Tori/Pumpkin
Friday	Veg. Pasta/Veg. Cutlets with mint chutney

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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MAY

1st and 5th Week

Monday	Tori /Broccoli
Tuesday	Paneer /Soyabean
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	Besan Gatte /Tofu
Thursday	Tinda/Cauliflower
Friday	Any Sprout Chat-Channa/Kidney Beans/Moong

3rd Week

Monday	Mixed Veg./ Any Dal
Tuesday	Arbi/ Beans
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 Pea/ Mattar Paneer
Wednesday	Any leafy vegetable
Thursday	Kadhi Rice/Channa Rice
Friday	Child's choice

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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JULY

1st and 5th Week

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

2nd Week

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

3rd Week

Monday	Aloo Bhaji
Tuesday	Any summer beans
Wednesday	Any dish with Besan
Thursday	Paneer/ Soyabean
Friday	Veg. Pasta

4th Week

Monday	Brinjal/Arbi
Tuesday	Any Dal
Wednesday	Mix Vegetable
Thursday	Tori/Pumpkin
Friday	Vada/Tikki with chutney

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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AUGUST

1st and 5th Week

Monday	Tori /Green Beans
Tuesday	Paneer /Soyabean
Wednesday	Brinjal/Ash Gourd
Thursday	Any Dal
Friday	Child's choice

2nd Week

Monday	Rava idli / Dosa with coconut Chutney
Tuesday	Capsicum Paneer/ Capsicum aloo
Wednesday	Soya/Tofu
Thursday	Mix vegetable
Friday	Any Sprout Chaat-Channa/Moong Chaat

3rd Week

Monday	Channa/Lobia
Tuesday	Any Green Vegetable
Wednesday	Pumpkin / Karela
Thursday	Mushroom /Paneer
Friday	Child's choice

4th Week

Monday	Any Kofta
Tuesday	Lady finger/ Capsicum
Wednesday	Any Dal
Thursday	Kadhi
Friday	Stuffed Parantha with pickle

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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SEPTEMBER

1st and 5th Week

Monday	Idli / Appe with coconut Chutney
Tuesday	Brinjal/Lady Finger
Wednesday	Pumpkin/ Tori
Thursday	Any kofta
Friday	Stuffed Parantha

2nd Week

Monday	Jackfruit /Pumpkin
Tuesday	Capsicum/Tinda
Wednesday	Kundru/Arbi
Thursday	Paneer/ Soyabean
Friday	Veg. Poha/ Veg. Cheela

3rd Week

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

4th Week

Monday	Arbi/Lotus stem
Tuesday	Paneer/Dal
Wednesday	Mix Vegetable
Thursday	Tori/Pumpkin
Friday	Veg. Cutlets /Brown Bread Veg. Sandwich

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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OCTOBER

1st and 5th Week

Monday	Cauliflower/Tinda
Tuesday	Paneer/Soyabean
Wednesday	Brinjal/ Petha (Ash gourd)
Thursday	Beans/ Dal
Friday	Brown Bread Pizza/Spinach corn toast

2nd Week

Monday	Dal Makhani/ Kabuli Channa
Tuesday	Aloo Capsicum/Arbi
Wednesday	Tori/Tofu
Thursday	Tinda/Cauliflower
Friday	Child 's Choice

3rd Week

Monday	Besan Gatta/ Laukee Kofta
Tuesday	Mix Vegetable
Wednesday	Pumpkin/ Karela
Thursday	Mushroom/Parwal
Friday	Any Pakora/Veg. Roll with mint & coriander chutney

4th Week

Monday	Lobia/Rajma/Channa
Tuesday	Cabbage/ Any leafy vegetable
Wednesday	Any Dal
Thursday	Lady finger/Cauliflower
Friday	Veg. Fried Rice

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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NOVEMBER

1st and 5th Week

Monday	Rajma /Chana
Tuesday	Cabbage/Cauliflower
Wednesday	Mushroom/ Methi
Thursday	Palak paneer
Friday	Child's healthy choice

2nd Week

Monday	Brijal/Capsicum
Tuesday	Spring onion/Chaap
Wednesday	Veg. Poha/Veg. Pulao
Thursday	Parwal/Beans
Friday	Brown Bread -Pizza/Veg. Sandwich

3rd Week

Monday	Rava Idli/Dal Idli with Samber and coconut chutney
Tuesday	Mushroom/ Turnip
Wednesday	Kofta /Pumpkin
Thursday	Any Saag
Friday	Stuffed Parantha

4th Week

Monday	Kadhi /Kabuli Chana Soya
Tuesday	Matter paneer/Chilli paneer
Wednesday	Broccoli/ Cauliflower
Thursday	Any Beans
Friday	Veg. Cutlets with Mint and Coriander Chutney

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

Monday	Papaya/Kiwi
Tuesday	Apple/ Orange
Wednesday	Sweet Lime/Grapes
Thursday	Banana/Guava
Friday	Melon/Custard apple



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DECEMBER

1st and 5th Week

Monday	Puri/Bhatura with vegetable of choice
Tuesday	Palak/ Cabbage
Wednesday	Turnip/Pumpkin
Thursday	Carrot/Peas
Friday	Veg. Poha/ Veg. Brown Bread Sandwich

2nd Week

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

3rd Week

Monday	Mixed Vegetable
Tuesday	Stuffed Parantha with white butter
Wednesday	Paneer/Peas
Thursday	Cauliflower/Carrot
Friday	Veg. Pulao

4th Week

Monday	Any Saag (sarson, palak, chana, methi, batu)
Tuesday	Any Besan dish (Kadhi, gate, kofta)
Wednesday	Paneer/Mushroom
Thursday	Turnip/Carrot & Peas
Friday	Child's choice

**Child is free to enjoy the suggested dishes paired with rice, poori, or chapatti as per their preference.*

Fruit Break

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



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JANUARY

1st and 5th Week

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

2nd Week

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

3rd Week

Monday	Aloo /Petha Sabji
Tuesday	Spring Onion / Capsicum
Wednesday	Any Chilla of Dal/Besan with Coconut and Mint chutney
Thursday	Broccoli/Carrot
Friday	Stuffed Parantha (Green leafy)

4th Week

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

**Child is 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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FEBRUARY

1st and 5th Week

Monday	Rajma/Chana
Tuesday	Peas/Soyabean
Wednesday	Carrot/Cauliflower
Thursday	Any Kofta-, Palak, Banana, Paneer
Friday	Stuffed Parantha with Chutney/Pickle

2nd Week

Monday	Upma /Uttapam /Appa
Tuesday	Corn/Peas
Wednesday	Paneer/Tofu/Soyabean
Thursday	Carrot/Cauliflower
Friday	Veg. Pulao

3rd Week

Monday	Any Saag
Tuesday	Mix Vegetable with Paneer
Wednesday	Broccoli /Cauliflower
Thursday	Bajra /Makki ki roti with any Vegetable
Friday	Brown Bread Sandwiches

4th Week

Monday	Kofta/Aloo Choliya
Tuesday	Carrot & Peas/ Paneer & Peas
Wednesday	Palak/Bathua sabji
Thursday	Veg. Fried Rice
Friday	Veg. Cheela with coriander Chutney

**Child is 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

1st and 5th Week

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

2nd Week

Monday	Carrot & Peas/ Carrot & Potato
Tuesday	Spring Onion/Bathua
Wednesday	Turnip/Capsicum
Thursday	Cabbage/Cauliflower
Friday	Veg. Cutlet/Sprout Chaat

3rd Week

Monday	Channa Saag/ Sarson Saag
Tuesday	Broccoli/Cabbage
Wednesday	Any Besan dish
Thursday	Bajra/Makki/Ragi Roti with any vegetable
Friday	Veg. Cheela/ Veg. Cutlet/Veg.Pulao

4th Week

Monday	Mushroom & Pease/Paneer & Peas
Tuesday	Brinjal/Capsicum
Wednesday	Tofu/Soyabean
Thursday	Rajma/Chana/Lobia
Friday	Veg. Upma/ Brown Bread Veg. Sandwich

**Child is 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	Bannana/Grapes