



# EICHER SCHOOL FARIDABAD

## MENU PLAN

### APRIL

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

Monday	Rajma/ Channa
Tuesday	Capsicum/ Brinjal
Wednesday	Any Dal
Thursday	Paneer/ Mushroom
Friday	Child's choice

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

Monday	Parval/ Capsicum
Tuesday	Any Besan Dish
Wednesday	Soyabean/ Tofu/ Paneer
Thursday	Broccoli/ Cauliflower
Friday	Stuffed Dosa/ Cheela with any chutney

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

Monday	Any Dal
Tuesday	Cauliflower/ Beans
Wednesday	Bottle Gourd/Jackfruit/Cabbage Kofta
Thursday	Mattar/ Mushroom
Friday	Child's Choice

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

Monday	Ridge gourd/ Bottle Gourd
Tuesday	Stuffed Parantha
Wednesday	Any green leafy vegetables
Thursday	Pumpkin/ Karela
Friday	Poha/ Suji Upma with vegetables

\*Child is free to enjoy the suggested dishes paired with rice or chapati as per their preference.

#### Fruit Break

Monday	Any berries/ Guava
Tuesday	Melon/ Papaya
Wednesday	Banana/ Grapes
Thursday	Watermelon/ Apple
Friday	Banana/ Mango