



# EICHER SCHOOL FARIDABAD

## MENU PLAN

### MAY

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

Monday	Idli /Cheela with chutney
Tuesday	Tinda /Lady finger
Wednesday	Paneer/ Peas
Thursday	Lobia/ Black Channa
Friday	Stuffed Parantha

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

Monday	Aloo / Lotus stem
Tuesday	Corn / Capsicum
Wednesday	Veg. Pulao/ Veg. Biryani
Thursday	Cauliflower / Cabbage
Friday	Child's Choice

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

Monday	Mixed Veg. / Kathal ( jackfruit)
Tuesday	Soybean / Paneer
Wednesday	Kofta / Gatte (besan dish)
Thursday	Capsicum / Parwal
Friday	Brown Bread Sandwiches/ Veg. Roll with mint chutney

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

Monday	Arbi / Brinjal
Tuesday	Any dal
Wednesday	Tori / Pumpkin
Thursday	Paneer / Mushroom
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	Mango / Muskmelon
Tuesday	Grapes / Banana
Wednesday	Apple / Plum
Thursday	Apricot / Melon
Friday	Papaya / Mulberry



# EICHER SCHOOL FARIDABAD

## MENU PLAN

### JULY

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

Monday	Arbi / Aloo
Tuesday	Paneer / Soya
Wednesday	Tinda / Tori
Thursday	Rajma / Lobia
Friday	Stuffed Parantha

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

Monday	Dal Cheela / Dosa with coconut chutney
Tuesday	Lauki / Ridge Gourd
Wednesday	Fresh Beans / Lady finger
Thursday	Mixed Veg. / Mushroom
Friday	Child's Choice

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

Monday	Dal / Chana
Tuesday	Pumpkin / Karela
Wednesday	Corn / Paneer
Thursday	Soyabean / Tofu
Friday	Veg. Pulao / Suji Upma with chutney

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

Monday	Brinjal / Parwal
Tuesday	Puri / Bhatura with vegetable
Wednesday	Paneer / Mushroom
Thursday	Lauki / Pumpkin
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	Watermelon / Mango
Tuesday	Peach / Banana
Wednesday	Plum / Apple
Thursday	Papaya / Muskmelon
Friday	Phalsa / Mango



# EICHER SCHOOL FARIDABAD

## MENU PLAN

### AUGUST

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

Monday	Tori / Tinda
Tuesday	Capsicum / Cabbage
Wednesday	Brinjal / Lady Finger
Thursday	Black Gram / Rajma
Friday	Brown bread Pizza / Stuffed Parantha

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

Monday	Rava idli / Veg. pakoras
Tuesday	Lady finger / Cauliflower
Wednesday	Any Dal
Thursday	Mixed Veg. / Fresh Beans
Friday	Child's Choice

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

Monday	White peas / Paneer
Tuesday	Pumpkin / Karela
Wednesday	Lady finger / Lotus stem
Thursday	Mushroom / Broccoli
Friday	Veg. Cutlets / Brown Bread roll

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

Monday	Spring Onion / Corn
Tuesday	Arbi / Aloo
Wednesday	Any Besan dish
Thursday	Rajma / Channa
Friday	Idli / Cheela with chutney

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

#### Fruit Break

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