



EICHER SCHOOL FARIDABAD

MENU PLAN

SEPTEMBER

1st and 5th Week

Monday	Uttappam/Cheela
Tuesday	Brinjal/Lady Finger
Wednesday	Pumpkin/Tori
Thursday	Arbi/Aloo
Friday	Dal/Paneer

2nd Week

Monday	Jackfruit/Aloo
Tuesday	Any Beans
Wednesday	Poha/Cheela
Thursday	Paneer/Soyabean
Friday	Child's Choice

3rd Week

Monday	Rajma/Lobia
Tuesday	Corn/Capsicum
Wednesday	Cheela/Dosa
Thursday	Lady Finger/Pumpkin
Friday	Veg. Cutlet/Idli

4th Week

Monday	Mushroom/Paneer
Tuesday	Capsicum/Corn
Wednesday	Any Dal
Thursday	Tori/Pumpkin
Friday	Stuffed Parantha/Brown Bread Veg. Sandwiches

Fruit Break

Monday	Pear/Banana
Tuesday	Pomegranate/Apple
Wednesday	Papaya/Kiwi
Thursday	Banana/Plum
Friday	Any Fruit



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MENU PLAN

OCTOBER

1st and 5th Week

Monday	Cauliflower/Capsicum
Tuesday	Paneer/Soyabeans
Wednesday	Brinjal/Petha
Thursday	Beans/Dal
Friday	Brown Bread Veg. Pizza/Stuffed Parantha

2nd Week

Monday	Dal Makhani/Kabuli Chana
Tuesday	Lotus Stem/Arbi
Wednesday	Corn/Lady Finger
Thursday	Fresh Green Beans/Cauliflower
Friday	Child 's Choice

3rd Week

Monday	Besan Gatta/Kofta
Tuesday	Mixed Vegetable
Wednesday	Pumpkin/Lauki
Thursday	Mushroom/Soya
Friday	Any Pakora/Veg. Roll with mint & coriander chutney

4th Week

Monday	Lobia/White Peas
Tuesday	Any Leafy Vegetable
Wednesday	Cheela/Dosa
Thursday	Veg. Pulao
Friday	Child's Choice

Fruit Break

Monday	Banana/Kiwi
Tuesday	Apple/Papaya
Wednesday	Guava/Pear
Thursday	Pomegranate/Apple
Friday	Pear/Banana



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MENU PLAN

NOVEMBER

1st and 5th Week

Monday	Chana/Rajma
Tuesday	Cabbage/Cauliflower
Wednesday	Mushroom/Paneer
Thursday	Any Green Leafy Vegetable
Friday	Child's Choice

2nd Week

Monday	Soya/Paneer
Tuesday	Spring Onion/Corn
Wednesday	Veg. Poha/Idli
Thursday	Parwal/Fresh Green Beans
Friday	Brown Bread Pizza/Stuffed Parantha

3rd Week

Monday	Veg. Pakora/ Appe
Tuesday	Mushroom/Soya
Wednesday	Arbi/Peas
Thursday	Any Saag
Friday	Dal Cheela/Paneer

4th Week

Monday	Any Besan dish
Tuesday	Paneer/Peas
Wednesday	Broccoli/Cauliflower
Thursday	Any Dal
Friday	Veg.Cutlets/Veg. Brown Bread Sandwiches

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Fruit Break

Monday	Papaya/Kiwi
Tuesday	Apple/Orange
Wednesday	Sweet Lime/Grapes
Thursday	Banana/Guava
Friday	Pomegranate/Orange



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MENU PLAN

DECEMBER

1st and 5th Week

Monday	Puri/Bhatura with vegetable of choice
Tuesday	Palak/Methi
Wednesday	Turnip/Arbi
Thursday	Carrot/Peas
Friday	Veg. Pulao/ Veg. Brown Bread Sandwiches

2nd Week

Monday	Rajma/Lobia
Tuesday	Spring Onion/Bathua
Wednesday	Peas/Beans
Thursday	Capsicum/Carrot
Friday	Child's Choice

3rd Week

Monday	Mixed Veg
Tuesday	Stuffed Parantha/Dosa
Wednesday	Beans/Peas
Thursday	Cauliflower/Carrot
Friday	Any Dal

4th Week

Monday	Any Saag
Tuesday	Any Besan dish
Wednesday	Paneer/Mushroom
Thursday	Turnip/Aloo
Friday	Child's Choice

Fruit Break

Monday	Orange/Kinoo
Tuesday	Papaya/Pineapple
Wednesday	Guava/Apple
Thursday	Banana/Cherry
Friday	Pomegranate/Strawberry



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MENU PLAN

JANUARY

1st and 5th Week

Monday	Lobia/White peas
Tuesday	Spring Onion/Radish leaves
Wednesday	Broccoli/Cauliflower
Thursday	Any Besan Dish
Friday	Child's Choice

2nd Week

Monday	Brinjal/Capsicum
Tuesday	Carrot/Radish
Wednesday	Paneer/Soyabean
Thursday	Methi/Palak
Friday	Uttapam/Cheela

3rd Week

Monday	Arbi/Pumpkin
Tuesday	Spring Onion/Bathua
Wednesday	Any Dal
Thursday	Peas/Carrot
Friday	Stuffed Parantha (Green leaf)/Veg. Cutlets

4th Week

Monday	Any Saag
Tuesday	Veg. Pulao/Veg. Vermicelli
Wednesday	Peas/Fresh Green Beans
Thursday	Cauliflower/Broccoli
Friday	Child's Choice

Fruit Break

Monday	Orange/Kinoo
Tuesday	Chikku/Apple
Wednesday	Papaya/Khajoor
Thursday	Banana/Guava
Friday	Any Fruit



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MENU PLAN

FEBRUARY

1st and 5th Week

Monday	Mushroom/Paneer
Tuesday	Peas/Carrot
Wednesday	Broccoli/Cauliflower
Thursday	Methi/Spring Onion
Friday	Aloo/Radish Dish

2nd Week

Monday	Upma/Uttapam/Apple
Tuesday	Corn/Peas
Wednesday	Paneer/Tofu
Thursday	Carrot/Fresh Green Beans
Friday	Puri with Vegetable/Stuffed Parantha

3rd Week

Monday	Any Saag
Tuesday	Paneer/Sprouts
Wednesday	Peas /Cauliflower
Thursday	Corn/Spring Onion Dish
Friday	Child's Choice

4th Week

Monday	Chana/Choliya
Tuesday	Peas/ Fresh Green Beans
Wednesday	Palak/Bathua
Thursday	Veg. Fried Rice
Friday	Veg. Cheela/Idli

Fruit Break

Monday	Banana/ Cherries
Tuesday	Kinoo/Guava
Wednesday	Apple/Orange
Thursday	Strawberry/Banana
Friday	Dates/Grapes



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MENU PLAN

MARCH

1st and 5th Week

Monday	Jackfruit/Pumpkin
Tuesday	Paneer/Soyabean
Wednesday	Turnip/ Carrot
Thursday	Capsicum/Peas
Friday	Child's Choice

2nd Week

Monday	Carrot/ Radish
Tuesday	Spring Onion/Bathua
Wednesday	Fresh Green Beans/Capsicum
Thursday	Broccoli/Cauliflower
Friday	Veg. Cutlet/Cheela

3rd Week

Monday	Lobia/Chana
Tuesday	Broccoli/Jackfruit
Wednesday	Any Dal
Thursday	Idli/Veg. Pakora
Friday	Child's Choice

4th Week

Monday	Mushroom/Paneer
Tuesday	Brinjal/Capsicum
Wednesday	Cauliflower/Peas
Thursday	Any Besan Dish
Friday	Veg. Upma/ Veg. Brown Bread Sandwiches

Fruit Break

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