

SHRI SAINATH CANTEEN
MENU FOR MID DAY MEAL 2019-2020

1ST DAY	2ND DAY	3RD DAY	4TH DAY
PANEER TIKKA	VADA - PAV	ALOO PARANTHA	KADI
ROTI	LEMON RICE	CURD	RICE
KATHOD SALAD	GREEN SALAD	PICKLE	CORN CUTLETS
ICE - CREAM	TANG	GULAB JAMUN	GREEN SALAD

5TH DAY	6TH DAY	7TH DAY	8TH DAY
PAV - BHAJI	DOSA	MIX - VEG	CHHOLE
VEG PULAV	UTTAPAM	DAL TADKA	PURI
ONION TOMATO SALAD	SAMBHAR	ROTI	VEG PULAV
JALEBI	CHUTNEY	RICE KHEER	GREEN SALAD
BUTTER MILK			BUTTER MILK

9TH DAY	10TH DAY	11TH DAY	12TH DAY
RAJMA	IDLI	ALOO DUM	VEG. NOODLES
RICE	VADA	ROTI	FRIED RICE
GREEN SALAD	SAMBHAR	VEG PULAV	VEG. MANCHURIAN
SUJI HALWA	CHUTNEY	SEVAI KHEER	RASNA

13TH DAY	14TH DAY	15TH DAY	16TH DAY
MATAR PANEER	VADA - PAV	ALOO PARANTHA	PUNJABI KADI
BUTTER ROTI	LEMON RICE	CURD	PLAIN RICE
VEG PULAV	GREEN SALAD	PICKLE	MASALA ROTI
ICE - CREAM	TANG	GULAB JAMUN	GREEN SALAD

17TH DAY	18TH DAY	19TH DAY	20TH DAY
PAV - BHAJI	DOSA	MIX - VEG	CHHOLE
VEG PULAV	UTTAPAM	DAL MAKHANI	BHATURE
ONION TOMATO SALAD	SAMBHAR	ROTI	VEG PULAV
JALEBI	CHUTNEY	RICE - KHEER	GREEN SALAD
BUTTER MILK			BUTTER MILK

21ST DAY	22ND DAY	23TH DAY	24TH DAY
RAJMA	IDLI	ALOO RASEWALA	HAKKA NOODLES
RICE	VADA	ROTI	FRIED RICE
GREEN SALAD	SAMBHAR	VEG PULAV	VEG. MANCHURIAN
SUJI KA HALWA	CHUTNEY	SEVAI KHEER	RASNA

Note: -

- * Unlimited serving of the food. * Menu according to the availability.
- * Only one serving of the sweet / Ice-Cream will be served.
- * Jain food will be available.
- * Mid-day Meal will be prepared in the school canteen with utmost care.
- * Please contact Accounts department for the registration and payment.