

Meal	Components	Food Facts	Monday
DATE	Service		6/17/2019
Breakfast	Hot Snack	Cereal are good in Carbohydrates and fibers, eat them daily for a great start	Medu wada
	Cereal	Oats are high on Fiber	Corn Flakes
	Egg's	One egg daily for strength	
	Milk	Drink milk everyday for healthy teeth and bones	Milk
	Accompaniment		Sambar
	Accompaniment		Chutney
<b>Calorie Count</b>			<b>405 kcal</b>
Lunch	Chutney/Salad	Salads improve daily digestion	Salad
	Papad		Gold Fingers
	veg. main course	Lots of Vitamins for good eyes/ skin/ hair	Drumstick Tomato
	Chapati	Rotis give us energy	Chapati
	Plain Rice	Good in Carbohydrates that gives us energy	Steamed Rice
	Flavoured Rice		Pulihora
	Veg Main Course 2		Aloo Bhendi Fry
	Dal Preparation	Dals are good in protein for daily growth and wear and tear of body	Mango Dal
	Samabar/Rasam		Garlic Rasam
	Curd		Curd
	Sweet	For your sweet tooth!	Semiya Payasam
<b>Calorie Count</b>			<b>1290 kcal</b>
Snacks- 1	Snack Preparation	Eat Healthy non fried snacks to stay fit and active	Punugulu
	Beverage	Good Beverages like Smoothie/ milkshake provides nourishment	kiwi
<b>Calorie Count</b>			<b>330 kcal</b>

<b>Snacks- 2</b>	Snack Preparation	Eat Healthy non fried snacks to stay fit and active	Dahi bhalla
	Beverage	Avoid excess tea as it has tannins which interferes in nutrient absorption	Jal Jeera
<b>Calorie Count</b>			<b>255 kcal</b>
<b>Dinner</b>	Salad/chutney	High on Fiber and Vitamins	Onion Lemon salad
	Papad		Gold Fingers
	Main course		Veg manchurian
	Chapati	Rotis give us energy	Chapathi
	Plain Rice	Carbohydrate ( starch)	Steamed Rice
	Flavoured Rice		Veg Fried Rice
	Main course 2	Eat your veggies to get lot of vitamins	
	<b>Egg/ Chicken Preparation (twice in a week)</b>	Chicken is high in protein helps in body growth and muscle building	<b>Egg Fried Rice</b>
	Dal Preparation		Dal fry
	Samabar/Rasam		
	Curd		Curd
	Sweet		kaddu ki kheer
Milk	Bourn vita	Flavored Mik	
<b>Calorie Count</b>			<b>1410 kcal</b>

**\*\*MENU IS :**

Menu for Delhi Public School, Nacharam			
Tuesday	Wednesday	Thursday	Friday
6/18/2019	6/19/2019	6/20/2019	6/21/2019
Poori	Malasa Dosa	Chapathi	Aloo Paratha
Corn Flakes	Corn Flakes	Corn Flakes	Corn Flakes
Bolied Egg		Omlet / Egg burji	
Milk	Milk	Milk	Milk
Bombay Curry	Sambar	Veg Curry	Curd
	Chutney		Tomato Chutney
<b>750 kcal</b>	<b>510 kcal</b>	<b>620 kcal</b>	<b>485 kcal</b>
Pickle	Chutney	Salad	Pickle
Fryums	Gold Fingers	Fryums	Gold Fingers
vankaya curry	Aloo Mutter Masala	Capsicum Tomato Masala	Punjabi Chole Masala
Chapati	Chapati	Chapati	Chapati
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Bagara Rice	Tomato pulao	Veg Pulao	Jeera Rice
Mix Veg Porial	Dondakaya Dry	Cabbage Fry	Beetroot Aloo Dry
Dal fry	Palak Dal	Dosakaya Pappu	Dal Tadka
Pappu Charu	Pepper Rasam	Sambar	Tomato charu
Curd	Curd	Curd	Curd
Gulab Jamun	Fresh Banana	Raw Laddu	Sabudana Kheer
<b>1280 kcal</b>	<b>1415 kcal</b>	<b>1469 kcal</b>	<b>1310 kcal</b>
Wada Pav	Bolied Corn	Masala Idly	chopsuey noodles
Chaas	Butter milk	Jal Jeera	Mango
<b>240 kcal</b>	<b>260 kcal</b>	<b>185 kcal</b>	<b>240 kcal</b>

coleslaw sandwich	Veg Soft Noodles	Sweet chilly Potato	Bhelpuri
Lemonade	Cut fruits	Pineapple	cut fruits
<b>210 kcal</b>	<b>290 kcal</b>	<b>255 kcal</b>	<b>340 kcal</b>
Pickle	Onion Lemon salad	Tomato Chutney	salad
Fryums	Gold Fingers	Fryums	Gold Fingers
Andra Donda Masala	Aloo Figer fry	Kadi Pakodi	Veg Koftha
Chapathi	Nilgiri Roti	Chapathi	Chapathi
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Veg dum biryani	Bagara Chaawal	Lemon Rice	Brown Onion Rice
Gokarakaya Kura	Paneer preparation	subzi-do-pyaaza	Turai channa
	<b>Dum ka Chicken</b>		<b>Egg Curry</b>
Triveni Dal	Tomato Dal	Dal Tadka	Moong Dal
Rasam		Rasam	Sambar
Curd	Curd	Curd	Curd
suji ka halwa		Rasgulla	
Flavored Mik	Flavored Mik	Flavored Mik	Flavored Mik
<b>1556 kcal</b>	<b>1882 kcal</b>	<b>1376 kcal</b>	<b>1730 kcal</b>

**SUBJECT TO CHANGE AS PER AVAILABILITY**

Saturday	Sunday
6/22/2019	6/23/2019
Semiya upma	IDLY
Corn Flakes	Corn Flakes
Boiled Egg	
Milk	Milk
Pickle	Sambar
Chutney	Chutney
<b>690 kcal</b>	<b>690 kcal</b>
Chutney	Onion Lemon salad
Fryums	Papad
chamagadda pulusu	Veg Dum Biryani
Chapati	Chapati
Steamed Rice	Steamed Rice
Bread Pualo	<b>Chicken Dum biryani</b>
Tawa Veg	Subzi-Do-Pyazza
Tomato Dal	Dal Fry
Dalcha	Dal Fry
Curd	Raitha
Fruit Salad	shahi Tukda
<b>1385 kcal</b>	<b>1410 kcal</b>
Samosa	Bread Jam
Lassi	Chaas
<b>290 kcal</b>	<b>175 kcal</b>

Corn Mayo sandwich	pav bhaji
strawberry	Masala Nimbu Paani
<b>325 kcal</b>	<b>340 kcal</b>
Beerakaya Chutney	Putnala podi
Fryums	Gold Fingers
Aloo Mutter masala	Punjabi Chole
Chapathi	Chapathi
Steamed Rice	Steamed Rice
Curd Rice	Sambar Rice
Cabbage fry	Banana Fry
	Chicken Dum biryani
Tomato Dal	Methi Dal
Pacchi Pulusu	Tomato Chaaru
Curd	Curd
Fresh Banana	Kala Jamun
Flavored Mik	Flavored Mik
<b>1270 kcal</b>	<b>1345 kcal</b>