

## SECTOR 37 D, GURUGRAM

## **MENU FOR JANUARY2025**

DAY	Date (Week 1)	Date (Week 3)	Mid-Day Meal	Lunch
Monday		27 <sup>th</sup>	Plain parantha, paneer bhurji, Mixed Fruits and Juice	Masala Dosa, Vada Sambhar, Tomato rice, Kosambari Salad, kheen
Tuesday		28 <sup>th</sup>	Moong Daal Cheela with green chutney, Mixed Fruits, Juice	Veg Noodles, Chilli paneer, Veg Manchurian, Fried rice, Hot and sour soup, Fruit cream
Wednesday		29th <sup>th</sup>	Burger with tomato ketchup, Assorted fruits, Chocolate milk	Dal Makhani, Mixed veg ,Rice, Roti, Salad, Raita, Carrot Halwa
Thursday	16 <sup>th</sup>	30 <sup>th</sup>	Sabudana Vada with green chutney, Mixed fruits, Bournvita milk	Matar Paneer, Aloo Gobhi, Rice, Roti, Raita, Salad, Milk Cake
Friday	17 <sup>th</sup>	31 <sup>st</sup>	Gobhi Parantha with curd, Mixed fruits, Juice	Chhole Bhature, Dahi Bhalla, Jeera rice, Onion Salad, Gulab Jamun

DAY	(Week 2)	Date (Week 4)	Mid-Day Meal	Lunch
Monday	20 <sup>th</sup>		Vegetable vermicelli, Corn flakes with hot milk	Kadi Pakora, Jeera aloo, Rice,Roti, Salad, Shahi Tukda
Tuesday	21 <sup>st</sup>		Methi Parantha with curd, Cut fruits, juice	Rajma curry, Aloo Gobhi, Rice, Roti, Salad, Rabdi Jalebi
Wednesday	22 <sup>nd</sup>		Uttapam,Sambhar with coconut chutney,Mixed Fruits,Buttermilk	Tomato soup, veg pasta, Cheesy garlic bread, Baked vegetables, Fruit custard
Thursday	23 <sup>rd</sup>	à	Besan Cheela with green chutney, Mixed fruits, Hot Milk	Daal tadka, Vegetable jalfrezi, Rice, Roti, Raita, Salad, Malpua
Friday	24 <sup>th</sup>		Poori with potato curry, Cut fruits, Chocolate milk	Matar kulcha, Veg biryani, Raita, Besan laddoo

Suncity School, 37 D