

MENU FOR JULY 2025

DAY	Date (Week 1)	Date (Week 3)	Date (Week 5)	Mid-Day Meal	Lunch
Monday		14 th	28 th	Idli Sambhar, Coconut Chutney, Mix fruits, Butter Milk	Rajma curry, Aloo Gobhi, Pulao, Raita, Salad, Balushahi
Tuesday	1 st	15 th	29 th	Pao Bhaji, Lemon water, Mixed fruits	Matar Paneer, Arhar dal, Rice, Roti, Salad, Raita, Boondi Laddu
Wednesday	2 nd	16 th	30 th	Aloo Parantha with Curd, Mixed fruits, Juice	Gatta Curry, Lauki Chana dal, Rice, Roti, Raita, Salad, Coconut Barfi
Thursday	3 rd	17 th	31 st Holiday	Sprout Cheela with chutney, Banana Shake, Mixed fruits	Veg Atta Noodles, Honey Chilli Potato, Veg Manchurian, Fried Rice, Custard
Friday	4 th	18 th		Vada Pav, Museli with hot milk, Seasonal fruit	Dal Makhani, Mix Veg, Rice, Roti, Salad, Raita, Milk cake

DAY	Date (Week 2)	Date (Week 4)	Mid-Day Meal	Lunch
Monday	7 th	21 st	Sabudana Vada with Green chutney Assorted cut fruits, Butter milk	Spaghetti in Cheese sauce with Exotic Vegetables, Potato wedges, Garlic Bread, Greek salad, Mango custard
Tuesday	8 th	22 nd	Indori Poha, Sweet Lassi, Mixed Fruits	Kadi Pakora, Kurkure Bhindi, Rice, Roti, Salad, Shahi Tukda
Wednesday	9 th	23 rd	Sooji Cheela with Green chutney, Cut fruits, Thandai Milk	Masala Dosa, Vada, Sambhar, Coconut Chutney, Lemon Rice, Kosambari salad Seviyaan Kheer
Thursday	10 th	24 th	Veg Atta Vermicelli, Mixed fruits, Mango Shake	Chhole Bhature, Pulao, Dahi Bhalla, Onion Salad, Gulab Jamun
Friday	11 th	25 th	Veg & Paneer Uttapam with Coconut chutney, Mixed fruits, Roohafza	Kadhai Paneer, Dal tadka, Rice, Laccha Parantha, Salad, Rabdi Jalebi


Principal
 Suncity School, 37 D