

INDIRA KIDS MENU JUNE- 2018					
DAY	BREAKFAST	LUNCH			
12 TUE	Veg Katti roll, coconut cookies	Methi malai mutter	Chappati	Rice, sambar	Salad
13 WED	Veg sandwich, Harbhara sundal	Aloo gawar	palak paratha	rice, akkha moong usal	chaat salad
14 THUR	Upma, kheer Kurma	Veg Kolhapuri	Chappati	Dal, rice	Sheer kurma
18 MON	Bisibelebhaat, papad, fruit	Aloo methi dry	Chappati	Rice, sambar	Sprouts salad
19 TUE	Cheese slice brown bread sandwich, sprout Sundal	veg kadai	Chappati	Rice, dal	Fryums
20 WED	Mix veg paratha, green chutney	mutter paneer	Carrot paratha	Soya pulao	Raitha
21 THUR	Uttappa, Chutney	Aloo capsicum	Chappati	Kichidi, kadi	salad
22 FRI	Spinach corn balls, sauce, fruit	Gobhi manchurian	Triple rice	Tomato soup	Fruit custard
25 MON	Aloo poha, banana	Aloo palak	chappati	Dal, rice	Mix salad
26 TUE	Nutrinugget, sauce	Ghatti sev bhaji	Chappati	kashmiri pulao	Raitha
27 WED	Idli, Chutney	Punjabi kala channa	Jeera paratha	rice, dal fry	carrot porial
28 THUR	Batatawada, sambar	Tawa veg	Chappati	rice, rajma	papadi chaat
29 FRI	Roti, Paneer subji	missal	pav	Kichidi, bobbies	Boondhi ladoo