

INDIRA KIDS MENU - JULY- 2019

DAY	BREAKFAST	LUNCH			
01 MON	Aloo poha, Banana	Palak paneer	Chappati	Rice	Doodhi sambar
02 TUE	Bisibelebhaat, papad	Sev bhaji	Chappati	Jeera rice	Dal fry
03 WED	Aloo mutter, roti	Achari aloo sukka	Chappati	Thondlibaath	Raitha
04 THUR	Onion uttapam, coconut chutney	Bhendi masala	Chappati	Rice	Dal rasam
05 FRI	Bread butter jam, Fruit	Tofu chilli	Hakka noodles	fried rice	Custard
08 MON	Peas Upma, Banana	Aloo mutter dry	Chappati	soya pulao	Boondhi raitha
09 TUE	Palak carrot rice, bobbie	Suran harbhara subji	Chappati	Rice	Amti
10 WED	Mix dal chila, tomato chutney	Amristari chole	Puri	Rice	Mix dal
11 THUR	Rice idli, green chutney	Veg khurma	Chappati	Palak carrot rice	kakdi koshimbir
12 FRI	Batatawada, sambar, Jalebi	Bhaji	Pav	Moong kichidi	Jelebi
15 MON	Veg Biryani, Raitha	Shak bhaji	Chappati	Jeera rice	Dal tadka
16 TUE	Masala idli, chutney	Tawa veg	Chappati	Rice	Pumpkin sambar
17 WED	Paneer subji, roti	Bharleli vangi	Chappati	Peas pulao	Raitha
18 THUR	Dosa, bhaji, chutney	Dal cabbage	Palak paratha	Rice	Dal makhani
19 FRI	Moong dal kachori, sauce, fruit	Gobhi manchurian	Hakka noodles	Tomato soup	Gulab jamun
22 MON	Veg dalia, chole sundal	Doodhi kofta curry	Chappati	Rice	Dal fry
23 TUE	Seviya upma, cookies	Aloo gobhi subji	Chappati	Rice	Gujarati dal
24 WED	Khaman dhokla, green chutney	Veg jalfratie	Chappati	Veg biryani	Raitha
25 THUR	Rice idli, coconut chutney	Paneer tikka masala	Chappati	Jeera rice	mix dal
26 FRI	Samosa, sauce, fruit	Pasta in white sauce	Dinner rolls	Butter vegetables	Jalebi
29 MON	Peas poha, moong sundal	Tofu butter masala	Chappati	jeera rice	Dal tadka
30 TUE	Carrot Uttapam, tomato chutney	Aloo jeera	Chappati	rice	Sambar
31 WED	Veg Noodles	Veg Hyderabad	Chappati	rice	Matki usal