

Indira Kids August-2019 Menu Plan

DAY	BREAKFAST	LUNCH				
01 THUR	Tomato omelette, coconut chutney	Aloo mutter rassa	Chappati	Kichidi	Kadi	Salad
02 FRI	Pumpkin puri, aloo bhaji	Veg manchurian	Hakka noodles	Corn fried rice	Tomato soup	Custard
05 MON	Veg Upma, muffin	Soya kheema	chappati	Rice	Dal tadka	Salad
06 TUE	Veg Khati roll, fruit	Tawa veg	Chappati	Rice	Rajma	Cucumber julienned
07 WED	Masala idli, chutney	Punjabi chole masala	chappati	Veg pulao	Bondhi raitha	Cabbage fugath
08 THUR	Paneer Subji, roti	Mutter methi malai	Chappati	Rice	Moong usal	Butter corn
09 FRI	Moong dal chila, tomato chutney	Bhaji	Pav	Moong kichidi	kadi	Gulab jamun
12 MON	Kanda poha, slice cake	Paneer kadai	Chappati	Rice	Dal tadka	Carrot porial
13 TUE	Veg noodles, fruit	Aloo Methi dry	Chappati	Rice	Amti	Salad
14 WED	Samosa, Jalebi	Baingan bharta	Chappati	Peas pulao	Raitha	Jelebi
16 FRI	Palak carrot rice, papad	Tofu chilli	Hakka noodles	Garlic fried rice	Veg soup	Kimchi salad
19 MON	Misal pav, fruit	Achari Dhai bhindi	chappati	Rice	Dal fry	Salad
20 TUE	Bisibelebhaat, papad	Aloo palak	Chappati	Rice	Matki usal	Beans porial
21 WED	Aloo mutter rassa, Chappati	Veg khurma	Chappati	Veg biryani	Raitha	Salad
22 THUR	Idli, sambar, chutney	Kala Channa masala	Chappati	Jeera rice	mix dal	Cucumber chaat
23 FRI	Paneer rolls, sauce, boondhi ladoo	Pasta in white sauce	Dinner rolls	Butter vegetables	Tomato soup	Fruit custard
26 MON	Veg biryani, raitha	Gobhi mutter subji	chappati	Kichidi	Kadi	Chaat salad
27 TUE	Batata wada sambar	Kashmiri dum aloo	chappati	rice,	Dal rasam	Sprout salad
28 WED	Onion Uttapam, chutney	Kofta curry	chappati	rice	Sambar	Salad
29 THUR	Seviya Upma, Fruit	Aloo capsicum dry	Chappati	Rice	Chowli usual	Mix salad
30 FRI	Kichidi, Kadi	Shahi paneer	Triangle paratha	Veg biryani	Boondhi raitha	Balushai