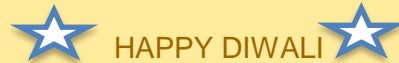


Indira Kids October- 2019 Menu Plan



DAY	BREAKFAST	LUNCH			
01 TUE	Veg Upma, Fruit	Mutter methi malai	Chappati	Rice, Mix dal	Mix pakoda
03 THUR	Paneer roll, sauce	Aloo achari	Chappati	Jeera rice	Dal methi, Bobbies
04 FRI	Peas samosa, Mysore pak	Tofu chilli	Hakka noodles	Corn soup	Mysore pak
07 MON	Soft aloo poha, fruit	Paneer Burji	Chappati	Rice	Dal tadka
09 WED	Batata wada, sambar	Aloo jeera	Puri	Veg biryani	Raitha
10 THUR	Mix veg subji, roti, Gulab Jamun	Bhendi masala	Chappati	Ghee Rice	Dal fry, Gulab Jamun
11 FRI	Cheese sandwich, fruit	Bhaji	Pav	Masala rice	Papdi chaat
14 MON	Veg Biryani, raitha	Chole	Puri	Rice	Dal rasam
15 TUE	Dosa, aloo bhaji, chutney	Baingan subji dry	Chappati	Kashmiri pulao	Amti , Salad
16 WED	Khamkan dhokla, Imli chutney	Missal	Pav	Veg pulao	Raita,
17 THUR	Bisibelebhaat, papad	Rajma masala	Chappati	Rice	Dal
18 FRI	Bread jam sandwich,Rasgulla Limited 2Pic	Veg manchurian	Hakka noodles	Corn fried rice	Rasgulla Limited 2Pic
Diwali Break					