

INDIRA KIDS JANUARY-2020 MENU

DAY	BREAKFAST	LUNCH			
2 THUR	Peas upma, Banana	Methi mutter malai	Chappati	Rice	Matki usal
3 FRI	Poha Cake	Misal	Pav	Dalkichidi	Mango Kheer
06 MON	Pav Bhaji	Punjabi Pindi Chole	Chappati	Peas pulao	Shrikhand
07 TUE	Bisibele Bhath, Bobbies	Paneer butter masala	Chappati	Jeera rice	Mix dal
08 WED	Idli, sambar	Masoor Masala	Methi paratha	Rice	Dal Fry
09 THUR	Veg Noodles, Apple, jalebi	Aloo mutter rassa	Chappati	Rice	Dal rassam, Jalebi
10 FRI	Aloo mutter , roti	Pav	Bhaji	Veg Biryani	Raitha
13 MON	Nutrinugget rolls, sauce	Shaam savera	Chappati	Rice	Khatti dal
14 TUE	Veg upma, sev, Fruit	Mushroom mutter	Chappati	Jeera rice	Dal fry
	Holiday				
16 THUR	Cheese slice Jam sandwich, sauce	Aloo achari	Carrot paratha	Soya pulao	Kakdi koshimbir
17 FRI	Batatawada, sambar, gulab jamun	Missal	Pav	Papdi chaat	Gulab jamun
20 MON	Kichidi, Kadi	Veg do pyaza	Chappati	Rice	Gujarati dal
21 TUE	Meduwada, sambar	Chana chatpata	Chappati	Jeera rice	Dal fry
22 WED	Veg rolls, sauce	Veg makhnanwala	Chappati	Rice	Amti
23 THUR	Sprout poha, chocolate muffin	Paneer kadai	Palak paratha	Kashmiri pulao	Raitha
24 FRI	Samosa, tiranga burfi	Pasta in tomato sauce	Garlic bread	Tomato soup	Tiranga burfi
27 MON	Veg Upma, papaya	Soya kheema	Chappati	Rice	Dal fry
28 TUE	Paneer roll, sauce	Aloo fry (South Indian style)	Chappati	Rice	Sambar
29 WED	Missal pav	Amristari chole	puri	Jeera rice	Salad
30 THUR	Veg biryani raitha, Balusha	Bhendi masala	Chappati	Rice	Moong usal, Papdi chaat
31 FRI	Batatawada, sambar	Akkha masoor masala	Chappati	Veg biryani	Raitha