

INDIRA KIDS MENU - OCTOBER-2017

DAY	BREAKFAST	LUNCH			
03 TUE	Palak carrot rice,papad	Dal cabbage Subji	Chappati	rice, sambar	Carrot porial
04 WED	Peas poha, banana	Aloo mutter rassa	Chappati	Kichidi, Kadi	Roasted papad
05 THUR	Samosa, Chocolate Cupcake	Chole masala	Puri	veg pulao	raitha
06 FRI	Roti, paneer subji	Mix Veg	Chappati	rice, Dal fry	salad
09 MON	Veg Upma, banana	Pav	bhaji	rice, dal fry	Bobbie
10 TUE	Bicibelebhaat, papad	Green peas masala	Chappati	pulao, raitha	papad
11 WED	Idli, sambar, chutney	Tawa veg	Chappati	rice, dal tadka	salad
12 THUR	Cheese slice + Jam sandwich	chole punjabi	puri	rice, moong usal	salad
13 FRI	Batata Wada, chutney, Gulab Jamun	Bhendi Masala	Chappati	Veg biryani, Raitha	gulab jamun