

INDIRA KIDS MENU - SEPT -2017

DAY	BREAKFAST	LUNCH			
01 FRI	Rawa idli, sambar, Modak	Veg jalfrezi	chappati	Rice, dal Palak	Modak
06 WED	roti, watana usal	Aloo palak grevy	carrot paratha	Jeera rice, dal fry	Salad
07 THUR	Veg Mayo + Jam sandwich, sauce, banana	Chatpata bhendi	Chappati	rice, moong usal	Sprout salad
08 FRI	Batata Wada, doodhi sambar	Chole	chappati	biryani	Raitha
11 MON	Nutrinugget rolls, sauce, banana	Bhaji	brown Pav	Soya pulao	pineapple sheera
12 TUE	Idli, sambar, chutney	Carrot peas dry	Chappati	rice, matki usal	Salad
13 WED	Poha, vanilla cup cake	Veg Kadai	Palak paratha	kichidi, Kadi	Bobbies
14 THUR	Roti, Subji	Aloo mutter Sukha	Chappati	rice, rajma	Papdi chaat
15 FRI	Peas kachori, sauce	Veg manchurian	Hakka noodles	Tomato Soup	Veg fried rice
18 MON	Veg Upma, banana	palak pitla	chappati	rice,watana usal	salad
19 TUE	Onion uttapam, Chutney	Aloo gawar	Chappati	rice, dal palak	bobbies
20 WED	palak corrat rice, papad	Doodhi chanadal	Chappati	jeera rice, amti	salad
21 THUR	Meduwada Sambar	green peas masala	Chappati	bisibelebhaat	papad
22 FRI	Pav Bhaji	veg khurma	puri	rice, dal	Chaat Salad
25 MON	Poha, Banana	Missal	brown Pav	peas pulao	rice kheer
26 TUE	roti, paneer subji	Corn capsicum Subji	Chappati	Kichidi, Kadi	Bobbies
27 WED	Masala dosa, green chutney	Shaak bhaji	Palak paratha	rice and dal tadka	Salad
28 THUR	bisibelebaat, papad	Dal cabbage	Chappati	jeera rice, rajma	Jelebi
29 FRI	Samosa, Sauce, Boondhi Ladoo	Gobhi manchurian	Hakka noodles	mushroom fried rice	Boondhi ladoo