

## School Mess Menu

Day	Breakfast	Lunch	Afternoon snacks	Dinner
Monday	Pohe	Sprouted Usal, Toor dal Varan, Chapati, Jira rice, Dahi	Chiwada	Bhendi fry, Moog dal varan, Chapati, Rice, Kakdi/ carrot slices
Tuesday	Upama/Shira Alternate week	Potato rassa, Mog dal Varan, Chapati, Rice & Pickle	Pattice/ Bread & jam	Gavar sabji, toor dal varan, Chapati, rice
Wednesday	Idli sambar	Sprouted Usal, Chapati, Toor dal Varan, Chapati, Rice & Papad	Seasonal fruits/ Sweet potato	Vegetarian: Methi / Palak Paneer/ mutter Paneer, Moog dal varan, Chapati, rice  Non – Veg: Egg curry / Bhurji
Thursday	Sabudana Usal	Any available vegetable, Toor dal Varan, Chapati, Rice & Peanut Chutney	Sprouted Usal/ Rajgira Laddoo/ Roasted chana & salted peanuts	Dudhi/ Devdangar / Kanda paat subji, Toor dal varan, Chapati, Jira rice & Koshimbir or Kakdi/ beetroot slices
Friday	Pao Bhaji / Dalia	Sprouted Usal, Chapati, Toor dal Varan, Chapati, Rice & Pattagobi salad	Bhel with tamarind chutney	Pithle, Bhakri, rice, & Thecha
Saturday	Milk & Biscuits	Masala Vangi, Chapati, Moog dal khichadi	Milk + Parle –G/ Khari/ Biscuits	Potato sukki bhaji, Toor dal varan, Chapati, rice
Sunday	Dhapate / Udid wada Sambar / Aloo Paratha/ French Toasts	Vegetarian: Methi/ Shewga/ Kanda paat, Toor dal varan, Chapati, Rice Non – Veg: Chicken / Mutton	Seasonal fruits/ Sweet potato	Varan, rice / Moog dal Khichadi, Papad, Pickle & kakdi slices

**Mid – day Break:** Milk / chikki / Rajgira laddoos or roasted chana and salted peanuts. Any one of these items will be served.

**Sweet:** Jilebi/ Gulabjamun/ Shira/ Bundi/ Shewaya Kheer/ Rawa Laddoo/ Besan Laddo/ Basundi/ Balushahi/ Puran Poli

The sweet will be served on Wednesday for lunch instead of dinner.

**The above menu is subject to change due to reasons which may be unavoidable.**