



## MENU FOR THE WEEK 13TH NOV'17 - 19TH NOV'17

TIMINGS	ITEMS	FIESTA				PUNJABI SPECIAL			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6.20-6.25 AM	MILK	HORLICKS	BOURNVITA	COMPLAN	BOOST	HORLICKS	BOURNVITA	HOT COFFEE	
7.20-7.50 AM	BFAST	PANEER & VEG STUFF PARANTHA	IDLY	VADA	MASALA DOSA	TOMATO BHATH	SET DOSA	MYSORE BONDA	
		MINT CHUTNEY	CHUTNEY/SAMBHAR	CHUTNEY	CHUTNEY	CHUTNEY	CHUTNEY	RED CHUTNEY/ COCONUT	
		CURD	GHEE/KARAMPUDI	SAMBHAR	SAMBHAR	-	SAMBHAR	CHUTNEY	
		CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CORN FLAKES	CHACO CHIPS	
		B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	B/BUTTER JAM	
		B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	B/OMLETTE	
		BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	BOILED EGG	
12.20-1.30	LUNCH								
	SALAD	VEGETABLE RINGS	BEETROOT / PEANUT SALAD	CEASAR SALAD	SPROUTS SALAD	ALU CHANA SALAD	SHREDDED SALAD		
	SOUP	MANCHOW SOUP			VEG CORN SOUP	LASSI			
	RICE	JEERA RICE	RICE	RICE	ONION RICE	MUTTAR PULAV	RICE		
	ROTI	GHEE ROTI	GHEE ROTI	GHEE ROTI	GHEE ROTI	TANDOORI ROTI	GHEE ROTI		
	CURRY	BHENDI FRY	BABY CORN HARIYALI SABZI	GOBI MUTTER	BHENDI DO PYAZA	PESHWARI CHANA	MIX VEG DRY	<b>OUTING</b>	
	DAL	DAL MAKHANI	TOMATO DAL	DAL/RASAM	GARLIC DAL	NAVRATAN KURMA	RAJMA MASALA		
	CURD	BUTTER MILK	CURD	CURD	CURD	PUNJABI KHADI	CURD		
	CHUTNEY	PEAS CHUTNEY	MANGO PICKLE	GONGURA CHUTNEY	LEMON PICKLE	MANGO PICKLE	PEAS CHUTNEY		
	FRYUMS	MASALA FRYUMS	MASALA FRYUMS	PAPAD	RINGS	PAPAD	PAPAD		
	SWEET / FRUIT	DOUBLE KA MEETHA	WATER MELON	BANANA	SEMIYA KHEER	ICECREAM	BASIN LADDU		
	IK SNACKS	IRANI SAMOSA/MILK	FRANKIES/S.B MILKSHAKE	BURGER/W.M JUICE	FRENCHFRIES/COLD MILK	CUPCAKE/ICECREAM	-	-	
3.45 PM	SNACKS	IRANI SAMOSA/MILK	FRANKIES/S.B MILKSHAKE	BURGER/W.M JUICE	FRENCHFRIES/COLD COFFEE	CUPCAKE/MILK	GOLD COIN/P.A.JUICE	MANCHURIA/CHOCOLATE MILKSHAKE	
5.30 PM	MILK / JUICE	MILK	MILK	MILK	MILK	MILK	MILKSHAKE	MILK	
8.00-8.30	DINNER								
	SALAD	CAESAR SALAD	POTATO/ONION/CHANA SALAD	STEAMED VEGETABLES	ONION RINGS	SPROUTS SALAD	MIX VEG CHOP SALAD	GREEN SALAD	
	SOUP								
	RICE	CURD RICE/RICE	RICE	RICE	VEG FRIED RICE/EGG FRIED RICE	RICE	RICE	RICE	
	ROTI	PHULKA	ALU PARANTHA	ROUMALI ROTI	PHULKA	PHULKA	PHULKA	PHULKA	
	CURRY	ALU GOBI MUTTER/EGG CURRY	ONION TOMATO CURRY/EGG BHURJI	PALAK PANEER	METHI ALU	CARROT BEANS FRY	PARWAL MASALA	BRINJAL FRY	
	DAL	SAMBHAR	DAL TADKA	DAL FRY	SOYA GRANULES	THOTAKURA PAPPU	ONION DAL	DRUMSTICK SAMBHAR	
	CHUTNEY	LEMON PICKLE	MANGO PICKLE	DOSAKAI CHUTNEY	TURAI CHUTNEY	MANGO PICKLE	TOMATO CHUTNEY	MANGO PICKLE	
9.30-9.40	FRYUMS	FRYUMS	RINGS	RINGS	FRYUMS	POTATO CHIPS	PAPAD	FRYUMS	
	CURD	BUTTER MILK	CURD	CURD	ONION RAITHA	CURD	CURD	CUCUMBER RAITHA	
	SWEET / FRUIT							JALEBI	
	COMPLAN	BOOST	BOURNVITA	HORLICKS	COMPLAN	BOURNVITA	BOOST	HORLICKS	

NOTE : Different types of Fryums to be supplied daily.  
 Wherever Veg curries are mentioned different types of vegetable to be used as per season.  
 Milk/ Juice: different flavours to be supplied  
 Tomato ketchup to be provided to IK Students wherever necessary

ISSUED BY  
DIRECTOR