

ASN International School

MAYUR VIHAR-I

MENU OF THE MONTH – JULY 2019			
<i>Chapati , Rice & Salad</i> would be served daily along with the mentioned menu.			
DATE & DAY	DAL	VEGETABLE	SNACKS
8 July - Mon	White Chana	Potatoes & Capsicum	Sweet Sewain
9 July - Tues	Green Moong Dal	Patato & Nutri	Macroni
10 July - Wed	Potato Gravy	Palak Paneer	Bread Poha
11 July - Thurs	Urad Chana	Bitter Gourd	Namkeen Sewain
12 July - Fri	Dal Makhani	Bottle Gourd	Bread Jam
15 July - Mon	Rajma	Potato & Beans	Sweet Dalia
16 July - Tues	Black Chana	Apple Gourd	Sandwich
17 July - Wed	Green Moong Dal	Kofta	Upma
18 July - Thurs	Dal Makhani	Arbi	Custard
19 July - Fri	Kadi	Potato Jeera	Sweet Sewain
20 July - Sat	Sambhar	Potato & Capsicum	Poha
22 July - Mon	Bottle Gourd & Chana	Mix Veg	Bread Jam
23 July - Tues	Yellow Moong Dal	Potato & Nutri	Macroni
24 July - Wed	White Chana	Lady Finger	Kheer
25 July - Thurs	Potato Gravy	Bottle Gourd	Bhel Puri
26 July - Fri	Urad Chana	Bitter Gourd	Bread Jam
29 July - Mon	Rajma	Potato Jeera	Bread Poha
30 July - Tues	Black Chana	Mix Veg	Kheer
31 July - Wed	Green Moong Dal	Besan Gatte	Macroni

Note : There can be a slight change in the menu due to unavailability of any food item.

Shivani Khanna

Headmistress