

**CIS July 2024**

Item	28th	29th	30th	31st			
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita	Shahi Paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers			
Salad		Tamarind Onion Chutney	Tomato-Cucumber Salad				
Drink		Lemonade	Buttermilk				
Dessert			Chocolate Coconut Laddoo	Fruit Custard			
<b>Jain Menu</b>							
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita	Shahi Paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers			
Salad		Tamarind Chutney	Tomato-Cucumber Salad				
Drink		Lemonade	Buttermilk				
Dessert			Chocolate Coconut Laddoo	Fruit Custard			

**CIS August 2024**

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1st	2nd	3rd
Main Dish					Sweet Corn Capsicum Curry, Chapati, Steamed Rice, Dal Makhani	Mix. Vegetable, Chapati, Steamed Rice, Gujarati Dal	Bhindi Do Pyaaza, Chapati, Steamed Rice, Saboot Masoor Dal
Salad					Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink					Buttermilk		Buttermilk
Dessert/ Fruit						Jalebi	
<b>Jain Menu</b>							
Main Dish					Sweet Corn Capsicum Curry, Chapati, Steamed Rice, Dal Makhani	Mix. Vegetable, Chapati, Steamed Rice, Gujarati Dal	Masala Bhindi, Chapati, Steamed Rice, Saboot Masoor Dal
Salad					Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink					Buttermilk		Buttermilk
Dessert/ Fruit						Jalebi	
Item	4th	5th	6th	7th	8th	9th	10th
Main Dish		Methi Thepla, Chhunda, Khichdi, Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Veg. Biryani, Masala Raita	Dum Aloo, Chapati, Steamed Rice, Dal Makhani	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Desi Chana with Gravy, Chapati, Jeera Rice, Dal Tadka
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Sprouts Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink				Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert/ Fruit		Corn on Cob	Sevian Kheer	Boondi		Balushahi	
Main Dish		Methi Thepla, Chhunda, Khichdi, Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Veg. Biryani, Masala Raita	Sev Tamatar, Chapati, Steamed Rice, Dal Makhani	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Desi Chana with Gravy, Chapati, Jeera Rice, Dal Tadka
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Sprouts Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink				Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert/ Fruit		Corn on Cob	Sevian Kheer	Boondi		Balushahi	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Item	11th	12th	13th	14th	15th	16th	17th
Main Dish		Aloo Sukhi Bhaji, Puri, Jeera Rice, Saboot Masoor Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	Manchurian Dry, Veg Fried Rice, Chinese Noodles, Wafer	Aloo Patty Cheese Burger, Ketchup Sachet, Chocolate Cupcake, Mixed Fruit Tetrapack	Butter Bhaji-Pav, Veg. Biryani, Masala Raita	Holiday
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad			Chopped Onion-Coriander, Lemon	
Drink		Buttermilk	Buttermilk	Orange Tang		Lemonade	
Dessert/Fruit			Doodhi Halwa	Gulab Jamun		Boondi	
Jain Menu							
Main Dish		Raw Banana Sukhi Bhaji, Puri, Jeera Rice, Saboot Masoor Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	Manchurian Dry, Veg Fried Rice, Chinese Noodles, Wafer	Burger, Ketchup Sachet, Chocolate Cupcake, Mixed Fruit Tetrapack	Butter Bhaji-Pav, Veg. Biryani, Masala Raita	Holiday
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad			Chopped Coriander, Lemon	
Drink		Buttermilk	Buttermilk	Orange Tang		Lemonade	
Dessert/Fruit			Doodhi Halwa	Gulab Jamun		Boondi	

Item	18th	19th	20th	21st	22nd	23rd	24th
Main Dish		Rakshabandhan	Paneer Kadai, Chapati, Steamed Rice, Mix Dal	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Chhole Bhatore, Hyderabad Biryani, Boondi Raita	Lauki Kofta Curry, Chapati, Jeera Rice, Dal Tadka	Aloo-Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad			Tomato-Cucumber Salad		Tamarind Onion Chutney	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink			Lemonade	Orange Tang	Lemonade		Buttermilk
Dessert/Fruit			Sooji Halwa	Boondi		Jalebi	
Jain Menu							
Main Dish		Rakshabandhan	Paneer Kadai, Chapati, Steamed Rice, Mix Dal	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Chhole Bhatore, Hyderabad Biryani, Boondi Raita	Lauki Kofta Curry, Chapati, Jeera Rice, Dal Tadka	Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad			Tomato-Cucumber Salad		Tamarind Chutney	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink			Lemonade	Orange Tang	Lemonade		Buttermilk
Dessert/Fruit			Sooji Halwa	Boondi		Jalebi	

Item	25th	26th	27th	28th	29th	30th	31st
Main Dish		Janmashtami Holiday	Paneer Tikka Masala, Chapati, Steamed Rice, Dal Fry	Manchurian Dry, Chinese Noodles, Veg Fried Rice, Banana Wafer	Methi Thepla, Chhunda, Masala Khichadi, Kadhi	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Veg. Korma, Chapati, Jeera Rice, Dal Fry
Salad			Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink				Lemonade		Lemonade	Buttermilk
Dessert/Fruit			Sevian Kheer	Gulab Jamun	Banana	Boondi	
Jain menu							
Main Dish		Janmashtami Holiday	Paneer Tikka Masala, Chapati, Steamed Rice, Dal Fry	Manchurian Dry, Chinese Noodles, Veg Fried Rice, Banana Wafer	Methi Thepla, Chhunda, Masala Khichadi, Kadhi	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Veg. Korma, Chapati, Jeera Rice, Dal Fry
Salad			Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink/Fruit				Lemonade		Lemonade	Buttermilk
Dessert/Fruit			Sevian Kheer	Gulab Jamun	Banana	Boondi	

<b>CIS September 2024</b>							
Item	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b>	<b>7th</b>
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita	Lehsuni Palak paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie, Veg Pasta, Dhokla with Chutney, Wafers	Teachers Day Celebration	Mix. Vegetable, Chapati, Jeera rice, Gujarati Dal	Ganesh Chaturthi
Salad		Tamarind Onion Chutney	Tomato-Cucumber Salad			Tomato-Cucumber Salad	
Drink		Lemonade	Buttermilk			Lemonade	
Dessert			Chocolate Coconut Laddoo	Fruit Custard		Boondi	
<b>Jain Menu</b>							
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita,	Palak paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie, Veg Pasta, Dhokla with Chutney, Wafers	Teachers Day Celebration	Mix. Vegetable, Chapati, Jeera rice, Gujarati Dal	Ganesh Chaturthi
Salad		Tamarind Chutney	Tomato-Cucumber Salad			Tomato-Cucumber Salad	
Drink		Lemonade	Buttermilk			Lemonade	
Dessert			Chocolate Coconut Laddoo	Fruit Custard		Boondi	

**Kanchan Joshi**  
Head of School