

CIS June 2024

Item	23rd	24th	25th	26th	27th	28th	29th
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita	Lehsuni paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie with Sauce, Veg Pasta, Dhokla with Chutney, Wafers,	Sweet Corn Capsicum Curry, Chapati, Jeera Rice, Dal Makkhani	Mix. Vegetable, Chapati, Steamed rice, Gujarati Dal	Masala Bhindi, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tamarind Onion Chutney	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Mint Lemonade	Buttermilk		Buttermilk		Buttermilk
Dessert			Chocolate Coconut Laddoo	Fruit Custard		Jalebi	
Jain menu							
Main Dish		Chhole Bhature, Hyderabad Biryani, Boondi Raita	Paneer Masala, Chapati, Steamed Rice, Mix Dal	Veg. Frankie with Sauce, Veg Pasta, Dhokla with Chutney, Wafers,	Sweet Corn Capsicum Curry, Chapati, Jeera Rice, Dal Makkhani	Mix. Vegetable, Chapati, Steamed rice, Gujarati Dal	Masala Bhindi, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tamarind Chutney	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Mint Lemonade	Buttermilk		Buttermilk		Buttermilk
Dessert			Chocolate Coconut Laddoo	Fruit Custard		Jalebi	

CIS July 2024

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st	2nd	3rd	4th	5th	6th
Main Dish		Methi Thepla, Chhunda, Mung Mutter Khichdi, Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Veg. Biryani, Masala Raita, Sev Khamani	Desi Chana with Gravy, Chapati, Jeera Rice, Saboot Moong Dal	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Aaloo Giloda Sabji, Chapati, Steamed Rice, Dal Makkhani
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink				Mint Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert		Corn On Cob	Sevian Kheer	Boondi		Balushahi	
Jain Menu							
Main Dish		Methi Thepla, Chhunda, Mung Mutter Khichdi, Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Veg. Biryani, Masala Raita, Sev Khamani	Desi Chana with Gravy, Chapati, Jeera Rice, Saboot Moong Dal	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Giloda sabji, Chapati, Steamed Rice, Dal Makkhani
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink				Mint Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert		Corn On Cob	Sevian Kheer	Boondi		Balushahi	
Item	7th	8th	9th	10th	11th	12th	13th
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	Lauki Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Dabeli with Tamrind Dates Chutney, Veg. Biryani, Masala Raita	Galka Sabji, Chapati, Jeera Rice, Saboot Moong dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk	Buttermilk	Orange Tang	Mint Lemonade	Lemonade	Buttermilk
Dessert/Fruit			Sooji 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	Lauki Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Dabeli with Tamrind Dates Chutney, Veg. Biryani, Masala Raita	Galka Sabji, Chapati, Jeera Rice, Saboot Moong dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk	Buttermilk	Orange Tang	Mint Lemonade	Lemonade	Buttermilk
Dessert/Fruit			Sooji Halwa	Gulab Jamun		Boondi	
Jain Menu							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Item	14th	15th	16th	17th	18th	19th	20th
Main Dish		Cabbage-Peas-Tomato Sabji, Chapati, Jeera Rice, Dal Makkhani	Paneer Kadai, Chapati, Steamed Rice, Mix Dal	Veg. Korma, Chapati, Jeera Rice, Dal Fry	Chhole Bhature, Veg Dum Biryani, Cucumber Raita	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Aloo-Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Sprouts Salad	Green Chutney		Tomato-Cucumber Salad
Drink		Buttermilk	Buttermilk		Lemonade	Mint Lemonade	Buttermilk
Dessert/Fruit			Doodhi Halwa	Jalebi		Boondi	
Jain Menu							
Main Dish		Cabbage-Peas-Tomato Sabji, Chapati, Jeera Rice, Dal Makkhani	Paneer Kadai, Chapati, Steamed Rice, Mix Dal	Veg. Korma, Chapati, Jeera Rice, Dal Fry	Chhole Bhature, Veg Dum Biryani, Cucumber Raita	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Sprouts Salad	Green Chutney		Tomato-Cucumber Salad
Drink		Buttermilk	Buttermilk		Lemonade	Mint Lemonade	Buttermilk
Dessert/Fruit			Doodhi Halwa	Jalebi		Boondi	
Jain Menu							
Item	21st	22nd	23rd	24th	25th	26th	27th
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Tadka	Paneer Tikka Masala, Chapati, Steamed Rice, Dal Fry	Manchurian Dry, Chinese Noodles, Veg Fried Rice, Banana Wafer	Methi Thepla, Chhunda, Mung Mutter Khichadi, Kadhi	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Doodhi-Tomato-Sabji, Chapati, Jeera Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk		Orange Tang		Lemonade	Buttermilk
Dessert/Fruit			Sevian Kheer	Gulab Jamun	Banana	Boondi	
Jain Menu							
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Tadka	Paneer Tikka Masala, Chapati, Steamed Rice, Dal Fry	Manchurian Dry, Chinese Noodles, Veg Fried Rice, Banana Wafer	Methi Thepla, Chhunda, Mung Mutter Khichadi, Kadhi	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Doodhi-Tomato-Sabji, Chapati, Jeera Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk		Orange Tang		Lemonade	Buttermilk
Dessert/Fruit			Sevian Kheer	Gulab Jamun	Banana	Boondi	

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/ Fruit			Chocolate Coconut Laddoo	Fruit Custard			
Jain Menu							
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/ Fruit			Chocolate Coconut Laddoo	Fruit Custard			
<u>CWS August 2024</u>							
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	
Jain Menu							
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	

Kanchan Joshi
Head of School