

CIS January 2024

Item	28th	29th	30th	31st
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Palak	Soya Paneer Masala, Chapati, Steamed Rice, Dal Fry	Idli, Sambar, Medu Vada, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Buttermilk		Lemonade
Dessert			Gajar Halwa	Boondi
Jain Menu				
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Palak	Soya Paneer Masala, Chapati, Steamed Rice, Dal Fry	Idli, Sambar, Medu Vada, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Buttermilk		Lemonade
Dessert			Sooji Halwa	Boondi

CIS February 2024

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1st	2nd	3rd
Main Dish					Methi Thepla, Chhunda, Masala Khichadi, Kadhi	Manchurian, Chinese Noddles, Fried Rice, Banana Wafer	Doodhi-Tomato Sabji, Chapati, Jeera Rice, Dal Tadka
Salad					Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink						Manchow Soup	Buttermilk
Dessert/ Fruit					Banana	Gulab Jamun	
Jain Menu							
Main Dish					Methi Thepla, Chhunda, Masala Khichadi, Kadhi	Manchurian, Chinese Noddles, Fried Rice, Banana Wafer	Doodhi-Tomato Sabji, Chapati, Jeera Rice, Dal Tadka
Salad					Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink						Manchow Soup	Buttermilk
Dessert/ Fruit					Banana	Gulab Jamun	
Jain Menu							
Item	4th	5th	6th	7th	8th	9th	10th
Main Dish		Masala Corn, Chapati, Steamed rice, Dal Makkhani	Chhole Bhatoore, Hyderabad Biryani, Boondi Raita	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Mix. Vegetable, Chapati, Jeera rice, Gujarati Dal	Aloo-Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk	Lemonade	Tomato Soup			Buttermilk
Dessert				Chocolate Coconut Laddoo	Fruit Custard	Jalebi	
Jain Menu							
Main Dish		Masala Corn, Chapati, Steamed rice, Dal Makkhani	Chhole Bhatoore, Hyderabad Biryani, Boondi Raita	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Mix. Vegetable, Chapati, Jeera rice, Gujarati Dal	Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink/Fruit		Buttermilk	Lemonade	Tomato Soup			Buttermilk
Dessert				Chocolate Coconut Laddoo	Fruit Custard	Jalebi	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Item	11th	12th	13th	14th	15th	16th	17th
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Palak	Missi Roti, Chhunda, Khichdi, Kadhi	Ragda Pattice, Veg.Biryani, Masala Raita, Sev Khamani	Lehsuni Palak paneer, Chapati, Steamed Rice, Mix Dal	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Veg-Kolhapuri, Chapati, Steamed Rice, Dal Makkhani
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk		Sweet Corn Soup		Lemonade	Buttermilk
Dessert/ Fruit			Banana	Mohanthal	Sevian Kheer	Balushahi	
Jain Menu							
Main Dish		Desi Chana with Gravy, Chapati, Jeera Rice, Dal Palak	Missi Roti, Chhunda, Khichdi, Kadhi	Ragda Pattice, Veg.Biryani, Masala Raita, Sev Khamani	Palak paneer, Chapati, Steamed Rice, Mix Dal	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice	Veg-Kolhapuri, Chapati, Steamed Rice, Dal Makkhani
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk		Sweet Corn Soup		Lemonade	Buttermilk
Dessert/ Fruit			Banana	Mohanthal	Sevian Kheer	Balushahi	

Item	18th	19th	20th	21st	22nd	23rd	24th
Main Dish		Adraki-Gobi-Peas Sabji, Chapati, Peas Pulav, Amritsari Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	Manchurian Dry, Veg Fried Rice, Chinese Noodles, Banana Wafers	Aloo Sukhi Bhaji, Puri, Jeera Rice, Saboot Masoor Dal	Butter Bhaji-Pav, Veg.Biryani, Masala Raita	Veg Hariyali, Chapati, Steamed Rice, Punjabi Kadhi
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Sprouts Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk		Manchow Soup	Lemonade	Sweet Corn Soup	
Dessert			Gajar Halwa	Gulab Jamun		Boondi	
Jain Menu							
Main Dish		Gobi-Peas Sabji, Chapati, Peas Pulav, Amritsari Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	Manchurian Dry, Veg Fried Rice, Chinese Noodles, Banana Wafers	Raw Banana Sukhi Bhaji, Puri, Jeera Rice, Saboot Masoor Dal	Butter Bhaji-Pav, Veg.Biryani, Masala Raita	Veg Hariyali, Chapati, Steamed Rice, Punjabi Kadhi
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Sprouts Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk		Manchow Soup	Lemonade	Sweet Corn Soup	
Dessert			Suji Halwa	Gulab Jamun		Boondi	

Item	25th	26th	27th	28th	29th		
Main Dish		Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal	Paneer Kadhai, Chapati, Steamed Rice, Mix Dal	Veg. Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Cabbage-Peas-Tomato, Chapati, Jeera Rice, Dal Makkhani		
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		
Drink		Lemonade		Tomato Soup	Buttermilk		
Dessert			Chocolate Coconut Laddoo	Boondi			
Jain menu							
Main Dish		Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal	Paneer Kadhai, Chapati, Steamed Rice, Mix Dal	Veg. Frankie, White Sauce Pasta, Dhokla with chutney, Wafers	Cabbage-Peas-Tomato, Chapati, Jeera Rice, Dal Makkhani		
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad		
Drink/Fruit		Lemonade		Tomato Soup	Buttermilk		
Dessert			Chocolate Coconut Laddoo	Boondi			

CIS March 2024							
Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1st	2nd
Main Dish						Veg. Korma, Chapati, Jeera Rice, Dal Fry	Aloo-Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad						Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink							Buttermilk
Dessert						Jalebi	
Jain Menu							
Main Dish						Veg. Korma, Chapati, Jeera Rice, Dal Fry	Aloo-Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad						Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink							Buttermilk
Dessert						Jalebi	

Kanchan Joshi
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