

CIS October 2024							
Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1ST	2ND	3RD	4TH	5TH
Main Dish			Shahi Paneer, Chapati, Steamed Rice, Dal Fry	Gandhi Jayanti Holiday	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Chhole Bhature, Hyderabad Biryani, Boondi Raita	Doodhi-Tomato Sabji, Chapati, Jeera Rice, Dal Tadka
Salad			Tomato-Cucumber Salad		Tomato-Cucumber Salad		
Drink					Orange Tang	Lemonade	Buttermilk
Dessert /Fruit			Sevian Kheer		Gulab Jamun	chocolate coconut laddoo	
Jain Menu							
Main Dish			Shahi Paneer, Chapati, Steamed Rice, Dal Fry	Gandhi Jayanti Holiday	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Chhole Bhature, Hyderabad Biryani, Boondi Raita	Doodhi-Tomato Sabji, Chapati, Jeera Rice, Dal Tadka
Salad			Tomato-Cucumber Salad		Tomato-Cucumber Salad		
Drink					Orange Tang	Lemonade	Buttermilk
Dessert /Fruit			Sevian Kheer		Gulab Jamun	chocolate coconut laddoo	
Item	6TH	7TH	8TH	9TH	10TH	11TH	12TH
Main Dish		Aloo Sukhi Bhaji, Puri, Jeera Rice, Saboot Masoor Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	Butter Bhaji-Pav, Veg.Biryani, Masala Raita	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Galka sabji, Chapati, Jeera Rice, Dal Tadka	Holiday
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad		
Drink		Orange Tang	Lemonade	Lemonade	Buttermilk	Lemonade	
Dessert / Fruit			Doodhi Halwa	Jalebi		Boondi	
Jain Menu							
Main Dish		Raw banana sabji, Puri, Jeera Rice, Saboot Masoor Dal	Paneer Bhurji, Chapati, Steamed Rice, Panchratna Dal	JAIN Bhaji-Pav, Veg.Biryani, Masala Raita	Idli, Sambar, Dosa Ball, Chutney, Lemon Rice	Galka sabji, Chapati, Jeera Rice, Dal Tadka	Holiday
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Orange Tang	lemonade	Lemonade	Buttermilk	Lemonade	
Dessert /Fruit			Doodhi Halwa	Jalebi		Boondi	

	13TH	14TH	15TH	16TH	17TH	18TH	19TH
Main Dish		Cabbage-Peas-Tomato Chapati, Jeera Rice, saboot moong dal	Lehsuni Palak paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers	Veg. Korma, Chapati, Jeera Rice, Dal Fry	Mix. Vegetable, Chapati, Steam rice, Gujarati Dal	Aloo-Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad,	Tomato-Cucumber Salad
Drink		Lemonade	Buttermilk		Buttermilk	Lemonade	Orange tang
Dessert / Fruit			Gulab jamun	Fruit Custard		Sooji Halwa	

JAIN MENU

Main Dish		Cabbage-Peas-Tomato Chapati, Jeera Rice, saboot moong dal	Palak paneer, Chapati, Steamed Rice, Mix Dal	Veg. Frankie Sauce, Veg Pasta, Dhokla with Chutney, Wafers	Veg. Korma, Chapati, Jeera Rice, Dal Fry	Mix. Vegetable, Chapati, Steam rice, Gujarati Dal	Giloda Sabji, Chapati, Jeera Rice, Rajma Curry,
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad,	Tomato-Cucumber Salad,
Drink		Lemonade	Buttermilk		Buttermilk	Lemonade	Buttermilk
Dessert /Fruit			Gulab jamun	Fruit Custard		Sooji Halwa	

	20TH	21ST	22ND	23RD	24TH	25TH	26TH
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Main Dish		Methi Thepla, Chhunda, Khichdi, punjabi Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Peas Pulav, Masala Raita, Sev Khamani	Masala Bhindi, Chapati, Steamed Rice, Panchratna Dal	Chhole Bhature, Hyderabad Biryani, Boondi Raita,	Holiday
Salad		Corn on Cob	Tomato-Cucumber Salad,		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Orange Tang		Mint Lemonade	Buttermilk	Lemonade	
Dessert / Fruit			Sevian Kheer		chocolate coconut laddoo	Boondi	

JAIN MENU

Main Dish		Methi Thepla, Chhunda, Khichdi, punjabi Kadhi	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Ragda Pattice, Peas Pulav, Masala Raita, Sev Khamani	Masala Bhindi, Chapati, Steamed Rice, Panchratna Dal	Chhole Bhature, Hyderabad Biryani, Boondi Raita	Holiday
Salad		Corn on Cob	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Orange Tang		Mint Lemonade	Buttermilk	Lemonade	
Dessert /Fruit			Sevian Kheer		chocolate coconut laddoo	Boondi	

	27TH	28TH	29TH				
Main Dish		Veg Hariyali, Chapati, Jeera rice, Saboot Moong dal	Tindoda sabji, Chapati, Steamed Rice, Saboot Masoor Dal	DIWALI VACATION STARTS			
Salad		Tomato-Cucumber Salad,	Tomato-Cucumber Salad,				
Drink		Buttermilk	Lemonade				
Dessert / Fruit							
Jain Menu							
Main Dish		Veg Hariyali, Chapati, Jeera rice, Saboot Moong dal	Tindoda sabji, Chapati, Steamed Rice, Saboot Masoor Dal	DIWALI VACATION STARTS			
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad				
Drink		Buttermilk	Lemonade				
Dessert /Fruit							
CIS NOVEMBER 2024							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4TH	5TH	6TH	7TH	8TH	9TH
Main Dish			Sev Tamatar, Chapati, Steamed Rice, DaL Fry	Bhindi masala , Chapati, Jeera Rice, Saboot Masoor Dal	Vegetable Tawa fry, Chapati, Jeera Rice, Mix Dal	Aloo sukhi bhaji , Puri, Steamed Rice, Saboot Moong Dal	Doodhi Chana dal sabji, Chapati, Steamed Rice, DaL Fry
Salad			Tomato-Cucumber Salad	Tomato-Cucumber Salad,	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink			Buttermilk	Buttermilk	Buttermilk	Lemonade	Buttermilk
Dessert /Fruit							
Jain Menu							
Main Dish			Sev Tamatar, Chapati, Steamed Rice, DaL Fry	Bhindi masala , Chapati, Jeera Rice, Saboot Masoor Dal	Vegetable Tawa fry, Chapati, Jeera Rice, Mix Dal	Raw banana sukhi sabji, Chapati, Steamed Rice, Saboot Moong Dal	Doodhi Chana dal sabji, Chapati, Steamed Rice, DaL Fry
Salad			Tomato-Cucumber Salad	Tomato-Cucumber Salad,	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink			Buttermilk	Buttermilk	Buttermilk	Lemonade	Buttermilk
Dessert /Fruit							

	10TH	11TH	12TH	13TH	14TH	15TH	16TH
Main Dish		Lehsuni Paneer palak, Chapati, Steamed Rice, Dal Tadka	Dum Aloo, Chapati, Steamed Rice, Saboot Masoor Dal	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Cabbage-Peas-Tomato Chapati, Jeera Rice, Dal Makkhani	Veg korma, Chapati, Steamed Rice, Dal Palak	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Mint Lemonade	Lemonade	Orange Tang	Buttermilk	Buttermilk	Mint Lemonade
Dessert /Fruit		Gaajar Halva		Gulab Jamun			Balushahi
Jain Menu							
Main Dish		Paneer palak, Chapati, Steamed Rice, Dal Tadka	Corn Capsicum sabji, Chapati, Steamed Rice, Saboot Masoor Dal	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Cabbage-Peas-Tomato Chapati, Jeera Rice, Dal Makkhani	Veg korma, Chapati, Steamed Rice, Dal Palak	Idli, Sambhar, Medu Vada, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	
Drink		Mint Lemonade	Lemonade	Orange Tang	Buttermilk	Buttermilk	Mint Lemonade
Dessert /Fruit		Doodhi Halva		Gulab Jamun			Balushahi

Ms Kanchan Joshi
Head of School