

CIS NOVEMBER 2024

	Sun day	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	Veg. Jalfrenzi, Chapati, Jeera Rice, Mix Dal	Paneer Bhurji, 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	Buttermilk	Buttermilk
Dessert / Fruit							
Jain Menu							
Main Dish			Sev Tamatar, Chapati, Steamed Rice, DaL Fry	Bhindi Masala, Chapati, Jeera Rice, Saboot Masoor Dal	Veg. Jalfrenzi, Chapati, Jeera Rice, Mix Dal	Paneer Bhurji, 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	Buttermilk	Buttermilk
Dessert / Fruit							
	10TH	11TH	12TH	13TH	14TH	15TH	16TH
Main Dish		Lehsuni Paneer Palak, Chapati, Steamed Rice, Dal Tadka	Idli Sambhar, Medu Vada, Chutney, Lemon Rice	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Amritsari Chhole, Tawa Kulcha, Dum Biryani, Cucumber Raita	Veg Korma, Chapati, Steamed Rice, Dal Palak	Galka Sabji, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad			Tamrind Onion Salsa	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade	Orange Tang		Lemonade	Buttermilk
Dessert / Fruit		Doodhi Halva	Boondi	Gulab Jamun	Treat		

Jain Menu							
Main Dish		Paneer Palak, Chapati, Steamed Rice, Dal Tadka	Idli Sambhar, Medu Vada, Chutney, Lemon Rice	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Amritsari Chhole, Tawa Kulcha, Dum Biryani, Cucumber Raita	Veg Korma, Chapati, Steamed Rice, Dal Palak	Galka Sabji, Chapati, Steamed Rice, Saboot Masoor Dal
Salad		Tomato-Cucumber Salad			Tamrind Onion Salsa	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade	Orange Tang		Lemonade	Buttermilk
Dessert / Fruit		Doodhi Halva	Boondi	Gulab Jamun	Treat		
	17th	18th	19th	20th	21st	22nd	23rd
Main Dish		Veg-Hariyali, Chapati, Jeera Rice, Dal Fry	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Dabeli with Sauce, Veg.Biryani, Masala Raita	Lauki Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal	Dum Aloo , Chapati, Jeera Rice, Saboot Moong Dal,
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato Cucumber Salad
Drink		Orange Tang		Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert / Fruit		Jalebi	Sevian Kheer		Boondi		
Jain menu							
Main Dish		Veg-Hariyali, Chapati, Jeera Rice, Dal Fry	Paneer Butter Masala, Chapati, Steamed Rice, Dal Tadka	Dabeli with Sauce, Veg.Biryani, Masala Raita	Lauki Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Methi-Matar-Malai, Chapati, Steamed Rice, Saboot Masoor Dal	Sev Tameta Sabji, Chapati, Jeera Rice, Saboot Moong Dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato Cucumber Salad
Drink		Orange Tang		Lemonade	Buttermilk	Lemonade	Buttermilk
Dessert / Fruit		Jalebi	Sevian Kheer		Boondi		

	24th	25th	26th	27th	28th	29th	30th
Main Dish		Methi Thepla, Chhunda, Masala Khichdi, Kadhi	Paneer Kadhai, Chapati, Steamed Rice, Mix Dal	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Banana Wafers	Chhole Bhature, Hyderabadi Biryani, Boondi Raita, Tamarind Onion Salsa	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice	Doodhi Chana Dal Sabji, Chapati, Steamed Rice, DaL Fry
Salad		Tomato- Cucumber Salad	Tomato- Cucumber Salad		Carrot- Cucumber Salad		Tomato- Cucumber Salad
Drink		Lemonade	Buttermilk	Orange Tang		Mint Lemonade	Buttermilk
Dessert / Fruit		Banana	Suji Halwa	Chocolate Coconut Laddoo		Balushahi	
Jain menu							
Main Dish		Methi Thepla, Chhunda, Masala Khichdi, Kadhi	Paneer Kadhai, Chapati, Steamed Rice, Mix Dal,	Veg Frankie, White Sauce Pasta, Dhokla with chutney, Banana Wafers	Chhole Bhature, Hyderabadi Biryani, Boondi Raita, Tamarind Onion Salsa	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice	Doodhi Chana Dal Sabji, Chapati, Steamed Rice, DaL Fry
Salad		Tomato- Cucumber Salad	Tomato- Cucumber Salad		Carrot- Cucumber Salad		Tomato- Cucumber Salad
Drink		Lemonade	Buttermilk	Orange Tang		Mint Lemonade	Buttermilk
Dessert / Fruit		Banana	Suji Halwa	Chocolate Coconut Laddoo		Balushahi	

Ms Kanchan Joshi
Head of School