



# G.D. GOENKA INTERNATIONAL SCHOOL

## SONIPAT ROAD, ROHTAK (HARYANA)

### FOOD MENU (TENTATIVE)\*



MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> Poha, Sprouts, Aloo Prantha, Curd, Tea	<b>Breakfast</b> Macaroni , Bread Sandwich, Bread Jam Boiled Chana, Tea	<b>Breakfast</b> Onion Parantha, Curd, Upma, Sprouts, Tea	<b>Breakfast</b> Aloo Puri, Pasta, Lassi, Boiled Chana, Tea	<b>Breakfast</b> Poha, Plain Parantha, Aloo Sabji, Curd, Sprouts, Tea	<b>Breakfast</b> Chole Kulche, Purantha, Boiled Chana, Tea, Raita	<b>Breakfast</b> Chole Bhature, Sprouts, Tea
<b>LUNCH</b> Rajma, Rice, Sabji, Raita, Chapati, Salad, Halwa	<b>LUNCH</b> Dal Kali Masoor, Sabji, Raita, Rice, Chapati, Salad	<b>LUNCH</b> Mix Dal, Sabji, Rice, Raita, Chapati, Salad	<b>LUNCH</b> Kadi Pakora, Dry Aloo, Rice, Salad, Chapati	<b>LUNCH</b> Kabuli Chana, Sabji, Rice, Raita, Salad, Chapati	<b>LUNCH</b> Kala Chana, Sabji, Rice, Raita, Chapati, Salad	<b>LUNCH</b> Moong Dhuli Dal, Sabji, Rice, Chapati, Salad
<b>snacks</b> Gol Gappe With Lemon Water	<b>snacks</b> Aloo Bonda With Jal Jeera	<b>snacks</b> Veg Sandwich With Rooh Afza	<b>snacks</b> Dal Pakka With Lemon Water	<b>snacks</b> Besan ka Chilla With Jal Jeera	<b>snacks</b> Bhel Puri With Lemon Water	<b>snacks</b> Dhokla With Roohafza
<b>Dinner</b> Yellow Dal, Aloo Nutri, Rice, Roti, Milk	<b>Dinner</b> Malka Masoor Dal, Lauki Kofta, Rice, Chapati, Bundi, Sevian	<b>Dinner</b> Palak Paneer, Dal, Rice, Egg Curry Chapati, Bournvita Milk	<b>Dinner</b> Gatta Curry, Sabji, Rice, Chapati, Kheer	<b>Dinner</b> Chicken/Paneer Malka Masoor, Rice, Chapati, Besan Ladu	<b>Dinner</b> Veg Manchurian, Fried Rice, Chowmein, Dal Moong Sabut, Chapati, Milk	<b>Dinner</b> Chicken, Matar Paneer, Dal Urad Chana, Rice, Chapati, Suji ka halwa

Note :

- ★ FOOD MENU CAN BE CHANGED AS PER THE REQUIREMENTS OF STUDENTS.
- ★ ANY CHANGE IN MENU WILL BE MADE SUBJECT TO AVAILABILITY OF FOOD ITEMS IN THE MARKET.
- ★ MENTION MENU WILL BE SERVED. VEGETABLE MAY BE REPLACED WITH THE SEASONAL VEGETABLES.