

GD GOENKA INTERNATIONAL SCHOOL, HOSTEL

Sonipat Road, Rohtak (HARYANA)

MESS MENU WEF (1ST NOVEMBER TO 31ST MARCH)

DAYS	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	AALOO PARATHA WITH CURD	WHITE CHOLE, ,RICE, ALOO GOBHI, CURD, CHAPATI, SALAD	APPLE + FROOTI	DAL - MOONG, ALOO GOBHI, RICE, CHAPATI, 2 GLASS MILK
TUESDAY	VEG SANDWITCH, 1 GLASS MILK	DAL URD (DHULI) FRY, ALOO SIMLA MIRCH, RICE, CHAPATI, SALAD, SUJI HALWA	MUFFINS, 1 GLASS MILK	DAL MOONG MASOOR, PALAK PANEER, JEERA RICE, CHAPATI, 2 GLASS MILK ONLY
WEDNESDAY	METHI PRANTHA, 1 GLASS MILK (FOR VEG.), OMLETTE 2 EGGS WITH 2 SLICE BREAD(FOR NON-VEG)	DAL CHANA, SHAHI PANEER, RICE PULAO, CHAPATI, KHEERA RAITA	BANANA SHAKE	DAL RAJMA, MUTTER+PATTA GOBHI, CHAPATI (NAAN), RICE PULAO, SEMIYA KHEER FOR VEG., CHICKEN CURRY FOR NON-VEG
THURSDAY	BUTTER JAM BREAD, 1 GLASS MILK	DAL LOBIYA, GHIYA SABJI, RICE, CHAPATI, BOONDI RAITA	GUAVA JUICE + PASTA	DAL MASOOR, PANEER BHUJI, CHAPATI, RICE YELLOW, SALAD, 2 GLASS MILK
FRIDAY	POORI CHANA	DAL URD+CHANA MIX, ALOO+METHI, JEERA RICE, CHAPATI, SALAD, CURD	APPLE JUICE, BISCUIT	DAL LOBIYA, ALOO PALAK, CHAPATI, RICE, 2 GLASS MILK
SATURDAY	MOOLI GOBHI PRANTHA WITH CURD (VEG), BREAD, BOILED EGGS, 1 GLASS MILK	DAL FRY, ALOO MUTTER SABJI, RICE PULAO, CHAPATI, KHEER, SALAD	VEG SANDWITCH, ORANGE JUICE	DAL MOONG, GAJAR+METHI, NAAN, RICE PULAO, 2 GLASS MILK
SUNDAY	PLAIN PRANTHA WITH DUM ALOO	DAL TADKA, ALOO GAJAR MIX, RICE, CHAPATI, VEG RAITA	MILK + BISCUIT	PALAK PANEER, DAL MAKHNI, ALOO NAAN, JEERA RICE, RICE KHEER (VEG) EGG CURRY FOR NON VEG.

NOTE –

1. ANY CHANGE IN MENU WILL BE MADE SUBJECT TO AVAILABILITY OF FOOD ITEMS IN THE MARKET

DIRECTOR

PRINCIPAL

BOARDING HEAD

Gd Goenka International School, Hostel, Sonipat Road, Rohtak (Haryana)

www.gdgoenkarohhtak.com

GD GOENKA INTERNATIONAL SCHOOL, HOSTEL

Sonipat Road, Rohtak (HARYANA)

MESS MENU WEF (1ST APRIL TO 31ST OCTOBER)

DAYS	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	AALOO PARATHA WITH CURD	DAL CHANA, ,RICE, ALOO BANGAN, CURD , CHAPATI, SALAD	2 BANANA, 1 GLASS MILK	DAL – MOONG MASOOR, PALAK PANEER, RICE, CHAPATI, 2 GLASS MILK
TUESDAY	4 BREAD, JAM, BUTTER, 1 GLASS MILK	DAL MASOOR, GHIYA SABJI, JEERA RICE, CHAPATI, SALAD, BOONDI RAITA	1 GLASS ROOHAFZA, 1PKT BISCUIT	DAL MOONG (W), BHINDI, RICE, CHAPATI, 1 KATORI DALIA
WEDNESDAY	PLAIN PRANTHA, ALOO SABJI, BOILED EGGS + BREAD, 1 GLASS MILK	DAL URD CHANA, SHAHI PANEER, RICE PULAO, CHAPATI, CURD, SALAD	1 GLASS LEMON JUICE, 1 PCS MUFFINS	DAL MAKHNI, PANEER BHUJI, CHAPATI, JEERA RICE, 2 GLASS MILK (VEG), EGG CURRY OF 2EGGS (NON-VEG)
THURSDAY	ALOO TIKKI BURGER 2 PCS, 1 GLASS MILK	PRANTHA, DAL MAKHNI, GHIYA KOFTA, JEERA RICE, CHAPATI, CUCUMBER RAITA , SALAD	MANGO SHAKE, 1 - VEG PATTIES	DAL ARHAR, BASEN GATTA SABJI, CHAPATI, RICE PULAO, 2 GLASS MILK
FRIDAY	POORI + CHANA + CURD	DAL URD, BHINDI, RICE, CHAPATI, SALAD, CURD	VEG. CHOWMEIN	DAL MOONG, MIX VEG., CHAPATI, RICE, 2 GLASS MILK
SATURDAY	VEG SANWITCH, 2 EGGS OMELETTE, BREAD-2SLICE, 1 GLASS MILK	DAL MOONG SABUT,SOYA BADI MASALA, VEG BIRYANI, CHAPATI, CURD, SALAD	BREAD ROLL, MILK VANILA SHAKE	NAAN, RICE PULAO, SHAHI PANEER, KHEER SAMIYA(VEG), 2 PCS CHICKEN CURRY(NONVEG)
SUNDAY	CHOLA KULCHA, 1 GLASS MILK	PLAIN PRANTHA, ALOO SABJI, DAL URD(D), JEERA RICE, BOONDI RAITA, SALAD	MILK + BISCUIT	TANDOORI ROTI, RICE, DAL MAKHNI, PALAK PANEER, 2 GLASS MILK

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