

Open Minds School -- LUNCH MENU - 2017



CATEGORIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	CUCUMBER & CARROT	CUCUMBER & TOMATO	MIXED SPROUTS	CABBAGE-CARROT	CABBAGE + CARROT
CURRY (DRY/WET)	PANEER BUTTER MASALA	DONDAKAI CURRY	CABBAGE PEAS DRY	AALOO 65	BEANS PORIYAL
DAL	TOMATO DAL	DAL TADKA	DAL MAKHANI	DAL FRY	METHI DAL
II RICE/NOODLES	ZEERA ONION RICE	TOMATO PULAO	ZEERA RICE	VEG NOODLES	PEAS PULAO
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	AJWAIN ROTI	CHAPATHI	PHULKA		PHULKA
CURD/RAITHA	BUTTER MILK	CURD	RAITHA	CURD RICE	BUTTER MILK
PAPAD	PAPAD	FRYUMS	CRACKERS	PICKLE	PAPAD
SWEET	GULAB JAMUN	CUT FRUITS	BESAN LADOO	KOVAPURI	WATER MELON
CATEGORIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	TOSSED SALAD	CUCUMBER & TOMATO	MIXED SPROUTS	CABBAGE-CARROT	CUCUMBER & TOMATO
CURRY (DRY/WET)	BHENDI FRY	MIX VEG FRY	MATAR PANEER	RAW BANANA	DONDAKAI CURRY
DAL	RAJMA MASALA	DAL TADKA	KADDU DAL	VEG SAMBHAR	GUNGURA DAL
II RICE/NOODLES	FRIED RICE	LEMON RICE	TOMATO RICE	VEG BIRYANI	VEG FRIED RICE
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	PALAK ROTI	CHAPATHI	PHULKA	PHULKA	PHULKA
CURD/RAITHA	RAITHA	BUTTER MILK	CURD	RAITHA	BUTTER MILK
PAPAD	PAPAD	FRYUMS	CRACKERS	PAPAD	PAPAD
SWEET	KOVAPURI	GULAB JAMUN	WATER MELON	KOVAPURI	BESAN LADOO
CATEGORIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	GREEN SALAD	GREEN SPROUTS	TOSSED SALAD	CABBAGE-CARROT	CUCUMBER & TOMATO
CURRY (DRY/WET)	BHENDI FRY	CABBAGE MATAR	GOBHI TAMATAR	AALOO 65	TURAI TOMATO DRY
DAL	RAJMA MASALA	TOMATO DAL	METHI DAL	DAL FRY	GUNGURA DAL
II RICE/NOODLES	ALOO KI THARI	BISIBELABATH	FRIED RICE	VEG NOODLES	TOMATO RICE
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	CHAPATHI	PHULKA	PALAK ROTI		PHULKA
CURD/RAITHA	RAITHA	CURD	BUTTER MILK	CURD RICE	BUTTER MILK
PAPAD	PAPAD	FRYUMS	PAPAD	PICKLE	PAPAD
SWEET	DOUBLE KA MEETHA	WATERMELON	GULAB JAMUN	CUT FRUITS	SUJI HALWA
CATEGORIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	CUCUMBER & TOMATO	GREEN SPROUTS	CABBAGE-CARROT	TOSSED SALAD	GREEN SALAD
CURRY (DRY/WET)	DONDAKAI CURRY	MIXED VEG DRY	RAW BANANA MASALA	PANEER BUTTER MASALA	ALOO FRY
DAL	DAL TADKA	MOONG TADKA	DAL FRY	TOMATO DAL	RAJMA MASALA
II RICE/NOODLES	TOMATO PULAO	BISIBELABATH	VEG BIRYANI	VEG NOODLES	LEMON RICE
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	CHAPATHI	PHULKA	PALAK ROTI	PHULKA	CHAPATHI
CURD/RAITHA	CURD	BUTTER MILK	PICKLE	BUTTER MILK	RAITHA
PAPAD	FRYUMS	FRYUMS	FRYUMS	PAPAD	PAPAD
SWEET	MYSORE PAK	BONDI LADOO	CUT FRUITS	GULAB JAMUN	CUT FRUITS