

VISHWASHANTI
GURUKUL
WORLD SCHOOL






Refectory Menu

26th August to 01th September 2024


REGULAR



Monday

BREAKFAST	26-08-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	METHI THEPLA	
CONTINENTAL	CORN MAYO S/W	
B/B/JAM	BROWN BREAD, PEANUT BTR, JAM	
CEREAL	STRAWBERRY FLAKES	
DRINK	DRINKING CHOCOLATE	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PAPAYA	
SNACKS EYP	GREEN PEAS POHA	
SNACKS	BREAD PATTICE	
DRINKS	FRESH ORANGE JUICE	
LUNCH	LUNCH	
PULSES	YELLOW CHANA DAL	
GRAVY	MUTTER PANEER	
DRY	MIX VEGETABLES	
BREAD	TANDOOR WHEAT ROTI/PHULKA	
APC	MINT SAUCE/PAPAD	
RICE	NAVRATAN PULAO/STEAM RICE	
DRINKS	SWEET LASSI	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	GREEN SALAD / KACHUMBER SALAD / MOOLI PACHADI	
DESSERTS	FRUIT TRIFLE	
SNACKS	KACHORI CHAT	
DRINKS	KAIRI PANHA	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	DAL TADKA	
GRAVY	VEG MAKAHNWALA	
DRY VEG	SINGAPOORI NOODLES	
ASIAN	BAN CHOLE	
STAPLE	FRENCH FRIES	
RICE	JEERA RICE/STEAM RICE	
BREAD	CHAPATI /PHULKA	
DESSERT	CHOCOLATE PASTRY	
SALAD	GREEN SALAD/LETTUCE SALAD/LACHHA SALAD	
APC	SCHEZWAN SAUCE	
	ONION/LIME	


Tuesday

BREAKFAST	27-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	GREEN PEAS POHA / SAMPLE	
CONTINENTAL	CHCOC S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	SPECIAL K	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	CUT FRUIT	
SNACKS PYP/EYP	MINI ALOO PARANTHA	
SNACKS MYP/DP	WHEAT KATHI ROLL	
DRINKS	FRESH LIME WATER	
LUNCH	LUNCH	
PULSES	SAMBAR	
GRAVY	VEG CHETTINAD	
DRY	DOSA BHAJI	
BREAD	ONION TOMATO UTTAPAM	
APC	GOLI BHAJI	
RICE	LEMON RICE/STEAM RICE	
DRINKS	MASALA CHASS	
CURD RECIPE	MIX VEG RAITA	
SALAD 3 TYPES	GREEN SALAD/RUSSIAN SALAD/PAPADI CHAT	
DESSERTS	GULABJAMUN	
SNACKS	MASALA MAGGI	
DRINKS	COLD COFFEE	
DINNER	DINNER	
SOUP	MANCHOW SOUP	
PULSES	GREEN MOONG DAL	
GRAVY	RAGDA PATTICE	
DRY VEG	PANI POORI	
ASIAN	BHEL	
STAPLE	TANDOOR PLATER	
RICE	SCHEZWAN FRIED RICE/STEAM RICE	
BREAD	PHULKA/GHEE PHULKA	
DESSERT	CARAMEL CUSTARD	
SALAD	GREEN SALAD/ALOOCHAT/MOOLI PACHADI	
APC	MINT CHUTNEY	
	ONION/LIME	

Wednesday

BREAKFAST	28-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	POORI BHAJI	
CONTINENTAL	KHARI	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	MUSSILLI	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
SNACKS PYP/EYP	CUT FRUITS	
SNACKS MYP/DP	SAMOSA	
DRINKS	MOCKTAIL	
LUNCH	LUNCH	
PULSES	KADHI PAKODA	
GRAVY	VEG KOHLAPURI	
DRY	KHADA PAV BHAJI	
BREAD	BTR PAV/PHULKA	
APC	KOTHIMBOR WADI	
RICE	MASALE BHAT/STEAM RICE	
DRINKS	ICE TEA	
CURD RECIPE	KAKDI NU RAITA	
SALAD 3 TYPES	GREEN SALAD/TOM YUM SALAD/JULLIAN SALAD	
DESSERTS	MOTICHOOR LADOO	
SNACKS	VEG CHOUPSUEY	
DRINKS	FRUIT PUNCH	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	RAJMA CURRY	
GRAVY	PANEER TIKKA MASALA	
DRY VEG	TAWA VEGETABLE	
ASIAN	POTATO WEDGES	
STAPLE	BAKED AUGRATIN	
RICE	STEAM RICE/JEERA RICE	
BREAD	BTR. ROTI/GHEE CHAPATI	
DESSERT	BALUSHAI	
SALAD	GREEN SALAD/KAKDI NU RAITA/CABBAGE SALAD	
APC	PAPAD	
	ONION/LIME	

Thursday

BREAKFAST	29-08-2024		
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN		
INDIAN	MISAL PAV		
CONTINENTAL	PANCAKE		
B/B/JAM	BREAD, BUTTER, JAM		
CEREAL	CHOCOS		
DRINK	BOURNVITA		
MILK	MILK HOT & COLD		
TEA/COFFEE	TEA, COFFEE		
	BLACK TEA		
FRUITS	PAPAYA		
SNACKS PYP/EYP	TADKA IDLI		
SNACKS MYP/DP	SCHEZWAN IDLI		
DRINKS	P/A JUICE		
LUNCH	LUNCH		
PULSES	CHOLEY CURRY		
GRAVY	LOKI CHANA MASALA		
DRY	BHUNA VEGETABLES		
BREAD	POORI/GHEE CHAPATI		
APC	PAPAD/GARLIC CHUTNEY		
RICE	SOYA BIRYANI/PLAIN RICE		
DRINKS	MASALA CHAAS		
CURD RECIPE	KOSHIMBIR		
SALAD 3 TYPES	GREEN SALAD/FRUIT CHAT/MEDITERIAN SALAD		
DESSERTS	BUTTER SCOTCH ICE CREAM		
SNACKS	HARA BHARA KEBAB		
DRINKS	KAIRI PANHA		
DINNER	DINNER		
SOUP	VEG SOUP		
PULSES	BLACK MASOOR DAL		
GRAVY	MIX VEGETABLE		
DRY VEG	VEG MANCHURIAN		
ASIAN	VEG QUESSADELLA		
STAPLE	VEG CHOWMEIN		
RICE	STEAM RICE/FRIED RICE		
BREAD	CHAPATI/TAWA PARANTHA		
DESSERT	JALEBI WITH RABRI		
SALAD	GREEN SALAD/ MACRONI SALAD /PAPDI CHAT		
APC	SCHEZWAN SAUCE		
	ONION/LIME		

Friday

BREAKFAST	30-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	SAGO KHICHADI	
CONTINENTAL	VEG CHEESE S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	HONEY ALMOND FLAKES	
DRINK	CHOCOLATE HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	SWEET LIME	
SNACKS PYP/EYP	CHOCOS WITH MILK	
SNACKS MYP/DP	POTATO PUFF	
DRINKS	KIWI JUICE	
LUNCH	LUNCH	
PULSES	DAL MAKHANI	
GRAVY	PANEER BUTTER MASALA	
DRY	MUSHROOM MASALA	
BREAD	GARLIC NAN/PHULKA	
APC	DAHI WADA	
RICE	STEAM RICE/TAWA PULAO	
DRINKS	ORANGE TANG	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	GREEN SALAD/TANDOORI LACCHA SALAD/SPROUTED SALAD	
DESSERTS	RASMALAI	
SNACKS	SAMOSA CHAT	
DRINKS	STRAWBERRY MILKSHAKE	
DINNER	DINNER	
SOUP	WONTON SOUP	
PULSES	WHITE WATANA DAL	
GRAVY	SEV BHAJI	
DRY VEG	BITTER GOURD MASALA	
ASIAN	CHEESE GARLIC BREAD	
STAPLE	SHEPHERD PIE	
RICE	CORIANDER RICE/STEAM RICE	
BREAD	CHAPATI/ PHULKA	
DESSERT	BROWNIE WITH CHOC.SOS	
SALAD	GREEN SALAD/LETTUCE SALAD/LACHHA SALAD	
APC	SCHEZWAN SAUCE	
	ONION/LIME	

Saturday

BREAKFAST	31-08-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	IDLI SAMBHAR	
CONTINENTAL	BREAD CHIVDA	
B/B/JAM	BROWN BREAD, BUTTER, JAM.	
CEREAL	CORNFLAKES	
DRINK	DRINKING CHOCOLATE	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	APPLE	
SNACKS EYP		
SNACKS	MIX BHAJIYA	
DRINKS	MIX FRUITS JUICE	
LUNCH	LUNCH	
PULSES	BLACK CHANA CURRY	
GRAVY	VEG MANCHURIAN	
DRY	ACHARI JEERA ALOO	
BREAD	METHI THEPLA/CHAPATI	
APC	ALU PATRA	
RICE	VEG FRIED RICE/STEAM RICE	
DRINKS	MINT SHIKANJI	
CURD RECIPE	MIX VEG RAITA	
SALAD 3 TYPES	GREEN SALAD/RUSSIAN SALAD/TADKA SALAD	
DESSERTS	BESAN BURFI	
		
SNACKS	SHEV PURI DAHI PAPDI	
DRINKS	ICE TEA	
DINNER	DINNER	
SOUP	CREAM OF MUSHROOM	
PULSES	MIX DAL	
GRAVY	SOYA CHAP MAKHANI	
DRY VEG	GREEN PEAS CURRY	
ASIAN	GREEN THAI CURRY	
STAPLE	VEG LASAGNE	
RICE	STEAM RICE/TADKA RICE	
BREAD	CHAPATI/GHEE CHAPATI	
DESSERT	CHCOLATE SWISS ROLL	
SALAD	GREEN SALAD/ SPROUT SALAD/TANDOORI SALAD	
APC	PICKLE	
	ONION/LIME	

Sunday

BREAKFAST	01-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	ALOO PARANTHA /CHUTNEY	
CONTINENTAL	COKIES	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	CHOCOS	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PINEAPPLE	
		
SNACKS EYP		
SNACKS	VEG HOT DOG	
DRINKS	ORANGE TANG	
		
LUNCH	LUNCH	
PULSES	TADKA DAL	
GRAVY	TURAI CHANA MASALA	
DRY	MAC N CHEESE	
BREAD	PHULKA/GHEE PHULKA	
APC	SAMOSA PAPAD	
RICE	VEG BIRYANI/STEAM RICE	
DRINKS	KOKAM JUICE	
CURD RECIFE	PINEAPPLE RAITA	
SALAD 3 TYPES	GREEN SALAD/TADAK APSTA SALAD/LACHHA SALAD	
DESSERTS	FRESH P/A PASTRY	
		
		
		
SNACKS	MATKI BHEL	
DRINKS	KIWI JUICE	
DINNER	DINNER	
SOUP	LUNG FUNG SOUP	
PULSES	DAL PANRATAN	
GRAVY	VEG MAKHAN WALA	
DRY VEG	PANEER 65	
ASIAN	VEG MANCHURIAN DRY	
STAPLE	CRISPY CHICKPEA	
RICE	STEAM RICE/PHODNI BHAT	
BREAD	CHAPATI/PHULKA	
DESSERT	BREAD PUDDING	
SALAD	GREEN SALAD/ BOONDI RAITA/LETTUCE SALAD	
APC	PICKLE	
	ONION/LIME	
		
		