

VISHWASHANTI  
GURUKUL  
WORLD SCHOOL



# Refectory Menu

16<sup>th</sup> to 22<sup>nd</sup> September 2024


REGULAR





# Monday

BREAKFAST	16-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	MEDU WADA SAMBAR	
CONTINENTAL	CORN MAYO S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	CHOCOS	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATERMELON	
SNACKS EYP	CUT FRUIT	
SNACKS	VEG PUFF	
DRINKS	LIME WATER	
LUNCH	<b>LUNCH</b>	
PULSES	DAL HARIYALI	
GRAVY	PANEER MAKHNI	
DRY	WHITE PUMPKIN MASALA	
BREAD	NAAN/ROTI	
APC	PAPAD	
RICE	JEERA RICE/PLAIN RICE	
DRINKS	MOCKTAIL	
CURD RECIPE	CURD	
SALAD 3 TYPES	KACHUMBER, RUSSIAN SALAD, GREEN SALAD	
DESSERTS	JALEBI	
SNACKS	MAGGI	
DRINKS	STRAWBERRY MILKSHAKE	
DINNER	<b>DINNER</b>	
SOUP	WANTON SOUP	
PULSES	RED MASOOR DAL FRY	
GRAVY	ALOO DAHIWALE	
DRY VEG	BEANS COCONUT MASALA	
ASIAN	JACKET POTATO WITH BAKED BEANS	
STAPLE	PASTA IN CHEESE SAUCE	
RICE	SOAF RICE/STEAM RICE	
BREAD	CHAPATI/PHULKA	
DESSERT	SHAHI TUKDA	
SALAD	GREEN SALAD/KACHUMBER SALAD/MOOLI PACHADI	
APC	SCHEZWAN CHUTNEY	
	ONION/LIME	

# Tuesday





BREAKFAST	17-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	METHI THEPLA	
CONTINENTAL	BOMBAY S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	STRAWBERRY FLAKES	
DRINK	CHOCOLATE HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
SNACKS PYP/EYP	WADA PAV	
SNACKS MYP/DP	WADA PAV	
DRINKS	PINEAPPLE JUICE	
LUNCH	LUNCH	
PULSES	SAMBAR	
GRAVY	SOYA CHAP MAKHANI	
DRY	DOSA BHAJI	
BREAD	MINI UTTAPAM / CHAPATI	
APC	RED COCONUT CHUTNEY	
RICE	TAMARIND RICE/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPES	PINEAPPLE RAITA	
SALAD 3 TYPES	GREEN SALAD, BEAN SALAD, BEETROOT SALAD	
DESSERTS	MOONGDAL HALWA	
SNACKS	BUN ONION PAKODA	
DRINKS	ICE TEA	
DINNER	DINNER	
SOUP	PALAK SOUP	 
PULSES	DAL TADKA	
GRAVY	KOFTA CURRY	
DRY VEG	VEG JALFREZI	
ASIAN	SOYA CHILLI	
STAPLE	SINGAPORE NOODLES	
RICE	TAWA PULAV/STEAM RICE	
BREAD	CHAPATI/PHULKA	
DESSERT	COCONUT BURFI	
SALAD	GREEN SALAD/CARROT PACHADI/PAPADI CHAT	
APC	PAPAD /PICKLE	
	ONION/LIME	

# Wednesday


BREAKFAST	18-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	PANEER PARANTHA	
CONTINENTAL	CHEESE GRILLED S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	HONEY ALMOND FLAKES	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	SWEETLIME	
SNACKS PYP/EYP	CHEESE S/W	
SNACKS MYP/DP	DAL WADA GREEN CHUTNEY	
DRINKS	KOKAM JUICE	
LUNCH	<b>LUNCH</b>	
PULSES	RAJMA DAL	
GRAVY	PASTA IN COCKTAIL SAUCE	
DRY	BABY CORN MUSHROOM CAPSICUM	
BREAD	TRIKONI PARANTHA/PHULKA	
APC	SCHEZWAN SAUCE	
RICE	VEG FRIED RICE/STEAM RICE	
DRINKS	ORANGE TANG	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	GREEN SALAD, SPROUTED MOONG SALAD, FRUIT SALAD	
DESSERTS	ICE CREAM	
SNACKS	SUBWAY S/W	
DRINKS	FRUIT PUNCH	
DINNER	<b>DINNER</b>	
SOUP	MIX VEG SOUP	
PULSES	DAL ADRAKI	
GRAVY	VEG MARATHA	
DRY VEG	TINDLI MASALA	
ASIAN	CHILLI GARLIC BREAD	
STAPLE	FRENCH FRY	
RICE	STEAM RICE /VEG COMBINATION RICE	
BREAD	LACHA PARANTHA /PHULKA	
DESSERT	CHOCOLATE PASTRY	
SALAD	GREEN SALAD / TANDOORI LACCHA SALAD/ SPROUTED SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION/LIME	



# Thursday

BREAKFAST	19-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	SAGO KHICHADI	
CONTINENTAL	VANILLA PAN CAKE	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	SPECIAL K	
DRINK	CHOCOLATE HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PINEAPPLE	
SNACKS PYP/EYP	POHA	
SNACKS MYP/DP	SAMOSA	
DRINKS	KIWI SHARBAT	
LUNCH	LUNCH	
PULSES	PUNJABI KADHI	
GRAVY	UNDIYO	
DRY	METHI MOONG	
BREAD	PHULKA/GHEE PHULKA	
APC	DAHI WADA	
RICE	MOONG DAL KHICHADI/STEAM RICE	
DRINKS	ROSE LYCHEE MOCKTAIL	
CURD RECIPE	CARROT PACHADI	
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD, BEET ROOT SALAD	
DESSERTS	ANGOOR RABDI	
		
SNACKS	MISAL PAV	
DRINKS	LEMON JUICE	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	MIX DAL FRY	
GRAVY	NAVRATAN KORMA	
DRY VEG	STUFF CAPSICUM	
ASIAN	HAKKA NOODLES	
STAPLE	VEG CHILLI	
RICE	CORIANDER RICE/STEAM RICE	
BREAD	CHAPATI/ PHULKA	
DESSERT	SWISS ROLL	
SALAD	GREEN SALAD/ALOO ANAR CHAT/CHANA SALAD	
APC	PAPAD /PICKLE	
	ONION/LIME	

# Friday

BREAKFAST	20-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	POORI BHAJI	
CONTINENTAL	VEG GRILLED S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	PLAIN CORNFLAKES	
DRINK	DRINKING CHOCOLATE	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	APPLE	
SNACKS PYP/EYP	CHOCOS	
SNACKS MYP/DP	KACHHI DABELI	
DRINKS	MIX FRUIT JUICE	
LUNCH	LUNCH	
PULSES	DAL MAKHANI	
GRAVY	PANEER TIKKA MASALA	
DRY	SPRING ONION ALOO KATRI SABJI	
BREAD	WHEAT ROTI/PHULKA	
APC	ALU WADI	
RICE	VEG PULAO/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	PAHADI RAITA	
SALAD 3 TYPES	GREEN SALAD, TADKA MACRONI SALAD, PASTA SLAAD	
DESSERTS	ORANGE DELIGHT	
SNACKS	SPRING ROLL/SCHEZWAN SAUCE	
DRINKS	COLD COFFEE	
DINNER	DINNER	
SOUP	TOMATO SHORBA	
PULSES	MIX SPROUT USAL	
GRAVY	MALAI KOFTA	
DRY VEG	MUSHROOM MASALA	
ASIAN	HONEY CHILLI POTATO	
STAPLE	TANDOOR VEG DIMSUM	
RICE	TADKA RICE/STEAM RICE	
BREAD	PHULKA /GHEE PHULKA	
DESSERT	CHORMA LADOO	
SALAD	GREEN SALAD/TOM YUM SALAD/JULLIAN SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION/LIME	

# Saturday

BREAKFAST	21-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	IDLI SAMBAR	
CONTINENTAL	CHOCOLATE S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	CHOCOS	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PAPAYA	
SNACKS EYP		
SNACKS	BREAD PATTICE	
DRINKS	MANGO PANHA	
LUNCH	LUNCH	
PULSES	DAL FRY	
GRAVY	VEG KADHAI	
DRY	PASTA IN WHITE SAUCE	
BREAD	CHAPATI/PHULKA	
APC	MIX PAKODA	
RICE	JEERA RICE/STEAM RICE	
DRINKS	MINT SHIKANJI	
CURD RECIPE	BURANI RAITA	
SALAD 3 TYPES	GREEN SALAD, RADISH SALAD, CARROT PACHADI	
DESSERTS	WALNUT BROWNIE	
SNACKS	HARA BHARA KABAB	
DRINKS	BLACK CURRENT JUICE	
DINNER	DINNER	
SOUP	CORN SOUP	
PULSES	DAL FRY	
GRAVY	VEG KOLHAPOORI	
DRY VEG	BHINDI MASALA	
ASIAN	AMERICAN CHOPSY	
STAPLE	CRISPY CHICKPEA	
RICE	LEMON RICE/STEAM RICE	
BREAD	PHULKA /GHEE PHULKA	
DESSERT	CHIROTA	
SALAD	GREEN SALAD/RUSSIAN SALAD/TADKA SALAD	
APC	PAPAD /PICKLE	
	ONION/LIME	

# Sunday

BREAKFAST	22-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	ALOO PARANTHA/SCHEZWAN SAUCE	
CONTINENTAL	CHOCOLATE COOKIES	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	SPECIAL K	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	CUT FRUIT	
SNACKS EYP		
SNACKS	MATKI BHEL	
DRINKS	LYCHEE JUICE	
LUNCH	LUNCH	
PULSES	MASOOR WHOLE DAL FRY	
GRAVY	TAWA VEG	
DRY	SOYA CURRY	
BREAD	PHULKA/GHEE PHULKA	
APC	SAMOSA PAPAD	
RICE	VEG BIRYANI/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	BOONDI RAITA	
SALAD 3 TYPES	GREEN SALAD, CEASER SALAD, CUBE SALAD	
DESSERTS	GULABJAMUN	
SNACKS	AMERICAN CHOPSY	
DRINKS	KOKAM JUICE	
DINNER	DINNER	
SOUP	MANCHOW SOUP	
PULSES	CHOLE CURRY	
GRAVY	BAINGAN BHARTA	
DRY VEG	PANI POORI/BHEL	
ASIAN	RAGDA CHAT	
STAPLE	PANEER 65	
RICE	VEG FRIED RICE/STEAM RICE	
BREAD	LACCHA PARANTHA/PHULKA	
DESSERT	BESAN BARFI	
SALAD	GREEN SALAD/TANDOORI LACCHA SALAD/ SPROUTED SALAD	
APC	PAPAD /PICKLE	
	ONION/LIME	