

VISHWASHANTI
GURUKUL
WORLD SCHOOL







Refectory Menu

9th to 15th September 2024




REGULAR



Monday

BREAKFAST	09-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	MISAL PAV	
CONTINENTAL	GREEN CHUTNEY S/W	
B/B/JAM	BROWN BREAD, PEANUT BTR, JAM	
CEREAL	CHOCOS	
DRINK	DRINKING CHOC.	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATER MELON	
SNACKS EYP	CUT FRUIT	
SNACKS	WHEAT KATTI ROLL	
DRINKS	PINEAPPLE JUICE	
LUNCH	LUNCH	
PULSES	YELLOW CHANA DAL	
GRAVY	PANEER CURRY IN DHABA STYLE	
DRY	GOBHI ADRAKI	
BREAD	TANDOORI ROTI / PHULKA	
APC	PAPAD	
RICE	JEERA RICE/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	BOONDI RAITA	
SALAD 3 TYPES	GREEN SALAD, SPROUTED MOONG SALAD, KACHUMBER SALAD	
DESSERTS	GULABJAMUN	
SNACKS	PIZZA	
DRINKS	STRAWBERRY MILKSHAKE	
DINNER	DINNER	
SOUP	MANCHOW SOUP	
PULSES	GREEN MOONG DAL TADKA	
GRAVY	MALAI KOFTA	
DRY VEG	BHARWA PARWAL	
ASIAN	FRENCH FRY	
STAPLE	PASTA IN RED SAUCE	
RICE	FRIED RICE/STEAM RICE	
BREAD	PHULKA /GHEE PHULKA	
DESSERT	SEVAI KHEER	
SALAD	CUCUMBER SALAD, ONION LACCHA, MIX VEG SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION/LIME	






Tuesday

BREAKFAST	10-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	SAGO KHICADI	
CONTINENTAL	CHEESE GRILLED S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	SPECIAL K	
DRINK	BOOST	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	CUT FRUIT	
		
SNACKS PYP/EYP	CHOCOLATE S/W	
SNACKS MYP/DP	SAMOSA	
DRINKS	KAIRI PANHA	
LUNCH	LUNCH	
PULSES	KASHMIRI RAJMA CURRY	
GRAVY	GREEN PEAS CURRY	
DRY	ALOO BHUJYA	
BREAD	TRIKONI PARANTHA/PHULKA	
APC	SCHEZWAN SAUCE	
RICE	PEAS PULAO/STEAM RICE	
DRINKS	LYCHEE JUICE	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	GREEN SALAD, LETTEUCE SALAD, PASTA TADKA SALAD	
DESSERTS	BLACKFOREST PASTRY	
		
SNACKS	MAGGI	
DRINKS	ICE TEA	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	MIX DAL FRY	
GRAVY	NAVRATAN KORMA	
DRY VEG	CAPSICUM MASALA	
ASIAN	BURNT GARLIC NOODLES	
STAPLE	VEG CHILLI	
RICE	JEERA RICE/STEAM RICE	
BREAD	CHAPATI/ PHULKA	
DESSERT	MOTICHOOR LADOO	
SALAD	GREEN SALAD, PAPADI CHAT, KACHUMBAR SALAD	
APC	PAPAD /PICKLE	
	ONION/LIME	

Wednesday

BREAKFAST	11-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	CHANA POORI	
CONTINENTAL	BOMBAY S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	STR.FLAKES	
DRINK	DRINKING CHOC.	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	SWEET LIME	
SNACKS PYP/EYP	GREEN PEAS POHA	
SNACKS MYP/DP	SCHEZWAN IDLI	
DRINKS	FRESH LIME JUICE	
LUNCH	LUNCH	
PULSES	PUNJABI KADHI	
GRAVY	SEV BHAJI	
DRY	LAUKI CHANA DRY	
BREAD	PHULKA/GHEE PHULKA	
APC	BATATA CHIWDA/THECHA	
RICE	KHICHADI/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	KAKADI NU RAITA	
SALAD 3 TYPES	KACHUMBER, GREEN SALAD, FRUIT SALAD	
DESSERTS	CHIROTA	
SNACKS	KACHORI CHAT	
DRINKS	ROSE LYCHEE MOCKTAIL	
DINNER	DINNER	
SOUP	TOMATO SOUP	
PULSES	DAL MAKHANI	
GRAVY	PANEER KADHAI	
DRY VEG	VEG JALFREZI	
ASIAN	GREEN THAI CURRY	
STAPLE	CHEESE GARLIC BREAD	
RICE	STEAM RICE/BARISTA PULAV	
BREAD	BUTTER ROTI/CHAPATI	
DESSERT	CASHEW MOCA PESTRY	
SALAD	GREEN SALAD, BEET SALAD, SPROUT SALAD	
APC	PAPAD /PICKLE	
	ONION/LIME	

Thursday

BREAKFAST	12-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	METHI THEPLA	
CONTINENTAL	CORN MAYO S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	HONEYFLAKES	
DRINK	HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PAPAYA	
SNACKS PYP/EYP	MINI ALOO PARANTHA	
SNACKS MYP/DP	WADA PAV	
DRINKS	KOKAM JUICE	
LUNCH	LUNCH	
PULSES	WHITE WATANA DAL	
GRAVY	KADHAI MUSHROOM	
DRY	BHENDI DO PYAZA	
BREAD	CHAPATI/PHULKA	
APC	ALOO PATRA	
RICE	SCHEZWAN FRIED RICE/STEAM RICE	
DRINKS	ORANGE TANG	
CURD RECIPE	BURANI RAITA	
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD, BEET ROOT SALAD	
DESSERTS	SHRIKHAND	
SNACKS	HARA BHARA KABAB	
DRINKS	COLD COFFEE	
DINNER	DINNER	
SOUP	VEG SOUP	
PULSES	DAL DHABA	
GRAVY	PANI POORI	
DRY VEG	BHEL	
ASIAN	VEG 65	
STAPLE	TANDOORI ACHARI MUSHROOM	
RICE	TAWA PULAV/STEAM RICE	
BREAD	PHULKA/CHAPATI	
DESSERT	BALUSHAH	
SALAD	CUCUMBER SALAD, ONION LACCHA, MIX VEG SALAD	
APC	SAMOSA PAPAD	
	ONION/LIME	

Friday

BREAKFAST	13-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	POHA RASSAM	
CONTINENTAL	CHEESE SLICE S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	CHOCOS	
DRINK	DRINKING CHOC	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	APPLE	
SNACKS PYP/EYP	BANANA	
SNACKS MYP/DP	VEG HOT DOG	
DRINKS	BLACK CURRENT JUICE	
LUNCH	LUNCH	
PULSES	DAL ADRAKI	
GRAVY	PANEER LABABDAR	
DRY	BHUNA VEGTABLES	
BREAD	NAAN/PHULKA	
APC	MIX PAKODA	
RICE	NAVRATNA PULAV, STEAM RICE	
DRINKS	MASALA CHAAS	
CURD RECIPE	CURD	
SALAD 3 TYPES	GREEN SALAD, CEASER SALAD, CARROT PACHADI	
DESSERTS	RASMALAI	
SNACKS	PAV BHAJI	
DRINKS	FRUIT PUNCH	
DINNER	DINNER	
SOUP	WANTON SOUP	
PULSES	CHOLEY CURRY	
GRAVY	ALOO TOMATO RASSA	
DRY VEG	GAWAR PEANUT	
ASIAN	RED THAI CURRY	
STAPLE	VEG CHOWMEIN	
RICE	MOONG DAL KHICHADI/STEAM RICE	
BREAD	TIRANGA POORI/CHAPATI	
DESSERT	DRY FRUIT SHEERA	
SALAD	GREEN SALAD, SPROUTED MOONG SALAD, PASTA SALAD	
APC	SCHEZWAN SAUCE	
	ONION/LIME	

Saturday

BREAKFAST	14-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	IDLI SAMBAR	
CONTINENTAL	GRILLED BOMBAY S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	CORNFLAKES	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
SNACKS EYP		
SNACKS	ALOO BONDA/CHUTNEY	
DRINKS	CHAAS	
LUNCH	LUNCH	
PULSES	WHOLE MASOOR DAL	
GRAVY	MALAI KOFTA CURRY	
DRY	VEG JALFREZI	
BREAD	PHULKA/CHAPATI	
APC	DAHI WADA	
RICE	VEG BIRYANI/STEAM RICE	
DRINKS	SHIKANJI	
CURD RECIPE	PINEAPPLE RAITA	
SALAD 3 TYPES	GREEN SALAD, RADDISH SALAD, MEDITERIAN SALAD	
DESSERTS	MALPOHA	
SNACKS	SHEV PURI DAHI PAPDI	
DRINKS	KIWI JUICE	
DINNER	DINNER	
SOUP	HOT AND SOUR SOUP	
PULSES	MALKA DAL	
GRAVY	SOYA BHAJI	
DRY VEG	CHANA DAL SPRING ONION SABJI	
ASIAN	VEG MANCHURIAN IN GRAVY	
STAPLE	MAC N CHEESE	
RICE	FRIED RICE/STEAM RICE	
BREAD	CHAPATI	
DESSERT	WALNUT BROWNIE	
SALAD	GREEN SALAD, ONION SALAD, BEET ROOT SALAD	
APC	PAPAD/PICKLE	
	ONION/LIME	

Sunday

BREAKFAST	15-09-2024	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	ALOO PARANTHA / GARLIC CHUTNEY	
CONTINENTAL	VEG S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM	
CEREAL	SPECIAL K	
DRINK	HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PINEAPPLE	
SNACKS EYP		
SNACKS	MIX PAKODA	
DRINKS	KAIRI PANHA	
LUNCH	LUNCH	
PULSES	DAL TRIVENI	
GRAVY	SOYA CHAP MAKHANI	
DRY	HAKKA NOODLES	
BREAD	LACHHA PARANTHA/PHULKA	
APC	PAPAD	
RICE	SCHEZWAN FRIED RICE/STEAM RICE	
DRINKS	SWEET LASSI	
CURD RECIPE	KAKADI NU RAITA	
SALAD 3 TYPES	LACCHA ONION SALAD, LETTUCE SALAD, FRUIT SALAD	
DESSERTS	JAELEBI RABDI	
SNACKS	MATKI BHEL	
DRINKS	MOCKTAIL	
DINNER	DINNER	
SOUP	CREAM OF MUSHROOM SOUP	
PULSES	YELLOW CHANA DAL	
GRAVY	METHI MUTTER MALAI	
DRY VEG	TINDA MASALA	
ASIAN	PANEER CHILLI DRY	
STAPLE	VEG LASAGNE	
RICE	BARISTA PULAV/STEAM RICE	
BREAD	TAWA PARANTHA/CHAPATI	
DESSERT	SHAHI TUKDA	
SALAD	GREEN SALAD, BEANS SALAD, KACHUMBER SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION/LIME	