

# THE DGS ANNAPURNA DINING HALL MENU

## MENU ( Week 1 & Week 3 )

DAY	BREAKFAST (7:40am)	RECESS (11:35am)	LUNCH (2:10pm)	EVENING SNACKS (5:45pm)	DINNER (8:30pm)	BED TIME MILK ( 9:30pm)
MONDAY	Milk	Fruit ( Banana)	Mix Dal	Vegetable Pakoda	Arhar Dal	Milk with Bourn vita / Horlicks
	Boost / Horlicks	Biscuits	Shimla Mirch Aloo	Butter Milk	Gajar Matar Veg	
	Tea		Rice		Rice	
	Idli Sambar Chutney		Tawa Chapati		Tawa Chapati	
	Macaroni		Raita		Suji Halwa	
TUESDAY	Masala Milk	Fruit ( Apple)	Sabut Moong Dal	Aloo Tikki	Masoor Dal	Milk with Bourn vita / Horlicks
	Tea	Cookies	Veg Cabbage	Chutney / Sauce	Veg Kofta/ Soya Chaap	
	Plain Parantha & Aloo Sabji		Jeera Rice	Tang	Rice	
	Oats		Tawa Chapati		Tawa Chapati	
			Raita / Curd		Kheer	
WEDNESDAY	Milk	Fruit ( Papaya)	Dal Makhani	Bread Pakoda	Chicken Do Pyaza	Milk with Bourn vita / Horlicks
	Boost / Horlicks	Biscuits	Bhindi Masala / Mix Veg	Chutney / Sauce	Paneer Kofta	
	Tea		Butter Tawa Chapati	Chocolate/ Banana Milk Shake	Rice	
	Veg Parantha & Curd		Rice		Tawa Chapati	
	Daliya		Raita		Moong Halwa	
THURSDAY	Masala Milk	Mix Fruit Chat	Rajma	Dahi Vada	Hakka Noodle	Milk with Bourn vita / Horlicks
	Tea	Biscuits	Aloo Beans	Nimbu Pani	Veg Manchurian	
	Bread Butter / Jam		Jeera Rice		Fried Rice	
	Poha		Tawa Chapati			
	Cornflakes		Raita		Fruit Custard	
FRIDAY	Milk	Fruit ( Apple)	Kadai Paneer	Veg Sandwich	Butter Chicken	Milk with Bournvita / Horlicks
	Boost / Horlicks / Tea	Cookies	Veg Pulav	Roohafza	Butter Paneer	
	Bread Butter / Jam		Butter Tawa Chapati		Rice	
	Omlette		Raita		Tawa Chapati	
	Cutlet				Ice Cream	
SATURDAY	Milk	Mix Fruit Chat	Chole	Patties	Veg Pumkin	Milk with Bournvita / Horlicks
	Boost / Horlicks	Biscuits	Veg Palak / Baingan Bharta	Hot Coffee	Malka Dal	
	Tea		Jeera Rice		Rice	
	Pav Bhaji		Tawa Chapati		Tawa Chapati	
	Upma		Raita		Vermicelli (sewai)	
SUNDAY	Milk	Fruit ( Banana)	Mutton Keema / Curry	Samosa	Mushroom Mix Veg	Milk with Bournvita / Horlicks
	Boost / Horlicks / Tea	Cookies	Mattar Paneer	Butter Milk	Dal Tadka	
	Bread Butter / Jam		Rice		Rice	
	Chole Bhature		Tawa Chapati		Tawa Chapati	
	Boiled Egg		Raita		Fruit Custard	

## MENU ( Week 2 & Week 4 )

DAY	BREAKFAST (7:40am)	RECESS (11:35am)	LUNCH (2:10pm)	EVENING SNACKS (5:45pm)	DINNER (8:30pm)	BED TIME MILK ( 9:30pm)
MONDAY	Bread Jam / Butter	Fruit ( Apple)	Dal Palak	Burger	Chicken Kadai	Milk with Bourn vita / Horlicks
	Egg Burji	Biscuits	Veg Gobi	Vanilla Milk Shake	Soya Chaap	
	Gobi Parantha with Curd		Rice		Rice	
	Masala Milk		Tawa Chapati		Tawa Chapati	
	Tea		Raita		Shahi Tukda	
TUESDAY	Cornflakes	Fruit ( Papaya)	Kadi with Pakoda	Bread Pakoda	Jeera Aloo Veg	Milk with Bourn vita / Horlicks
	Pasta	Cookies	Veg Beans	Sweet Lassi	Arhar Dal	
	Milk		Jeera Rice		Lemon Rice	
	Boost / Horlicks		Butter Tawa Chapati		Tawa Chapati	
	Tea		Salad Kachumber		Gulab Jamun	
WEDNESDAY	Upma	Fruit ( Banana)	Kadai Mushroom	Samosa Chat	Manchurian	Milk with Bourn vita / Horlicks
	Chutney	Biscuits	Kali Masoor Dal	Hot Coffee	Schezwan Chutney	
	Bread Jam / Butter		Rice		Veg Fried Rice	
	Masala Milk		Tawa Chapati		Egg Fried Rice	
	Tea		Raita		Gajjar Halwa	
THURDAY	Pav Bhaji	Mix Fruit Chat	Veg Kurma	Masala Maggi	Dal Fry	Milk with Bourn vita / Horlicks
	Oats	Cookies	Dhaba Dal	Rohafza	Dry Chana Masala	
	Milk		Jeera Rice		Tomato Rice	
	Boost / Horlicks		Butter Tawa Chapati		Tawa Chapati	
	Tea		Raita		Sabudana Kheer	
FRIDAY	Daliya	Fruit ( Apple)	Aloo Methi	Bhelpuri	Afghani Chicken	Milk with Bournvita / Horlicks
	Misal Pav	Biscuits	Mix Dal Tadka	Tang	Shahi Paneer	
	Masala Milk		Rice		Rice	
	Tea		Tawa Chapati		Tawa Chapati	
			Raita		Rabdi	
SATURDAY	Kachori	Fruit ( Papaya)	Butter Paneer	Onion / Potato Pakoda	Loki Chana Dal	Milk with Bournvita / Horlicks
	Poha	Cookies	Kala Channa Dal	Butter Milk	Bhindi Fry	
	Milk		Jeera Rice		Rice	
	Boost / Horlicks		Butter Tawa Chapati		Tawa Chapati	
	Tea		Raita		Lauki Halwa	
SUNDAY	Chole Bhature	Mix Fruit Chat	Mashroom Mix Veg	Paani Puri	Mutton Curry	Milk with Bournvita / Horlicks
	Boiled Egg	Biscuits	Masoor Dal	Sesonal Fruit Milk Shake	Paneer Pasanda	
	Masala Milk		Rice		Rice	
	Tea		Tawa Chapati		Tawa Chapati	
			Raita		Ice Cream	