

# GD Goenka World School

## Weekly Menu

|                          | MON 15 Jan                | TUE 16 Jan                     | WED. 17 Jan          | THU 18 Jan                    | FRI 19 Jan                          | SAT 20 Jan                        | SUN 21 Jan              |
|--------------------------|---------------------------|--------------------------------|----------------------|-------------------------------|-------------------------------------|-----------------------------------|-------------------------|
| <b>B R E A K F A S T</b> |                           |                                |                      |                               |                                     |                                   |                         |
| <b>Cereal</b>            |                           |                                |                      |                               |                                     | Chocos                            | Strawberry cornflakes   |
| <b>Fruit</b>             | Apple                     | Keenu                          | Banana               | Apple                         | Keenu                               | Banana                            | Cut Papaya              |
| <b>Milk</b>              | Hot & Cold                | Hot & cold                     | Hot & cold           | Hot & cold                    | Cold Coffee                         | Hot & cold                        | Hot & cold/ Fresh juice |
| <b>Bread</b>             | Wbbj*, Bbbj**             | Wbbj*, Bbbj**                  | Wbbj*, Bbbj**        | Wbbj*, Bbbj**                 | Wbbj*, Bbbj**                       | Wbbj*, Bbbj**                     | Wbbj*, Bbbj**           |
| <b>Main Dish</b>         | Aloo Parantha             | Idly sambhar                   | Pav Bhaji            | Paneer Parantha               | Grilled Cheese S/W                  | Amritsari Naan                    | Bedemi Poori Bhaji      |
| <b>Egg</b>               |                           | Vermicilli Upma                |                      | Veg Poha                      |                                     | Boiled Egg                        | Omelette (live)         |
| <b>L U N C H</b>         |                           |                                |                      |                               |                                     |                                   |                         |
| <b>Salad 1</b>           | Salad Bar                 | Salad Bar                      | Salad Bar            | Salad Bar                     | Salad Bar                           | Salad Bar                         | Salad Bar               |
| <b>Dal</b>               | Dal Green Moong           | Dal Dhaba                      | Kala Channa          | Yellow moong dal              | Rajma Masala                        | Moth Dal                          | Dal Banjara             |
| <b>Veg 1</b>             | Vegetable Jalfrezi        | Paneer Lababdar                | Sarson Ka Saag       | Soya Masala                   | Nadru Kofta Curry                   | Methi aloo                        | Baingan Bharta          |
| <b>Veg/Conti.</b>        | Shepherds Pie             | Mashed Potatoes and Green Bean | Cauliflower Mornay   | Veg. Pizza                    | Penne in Vegetarian Bolognese Sauce | Calzones                          | Macroni in Red Sc.      |
| <b>Curd/Soup</b>         | Corn Soup With Zucchini   | Cucumber Raita                 | Curd                 | Minestrone Soup With Macaroni | Onion Tomato Raita                  | Pineapple Raita                   | Curd                    |
| <b>Rice</b>              | Plain Rice                | Jeera Rice                     | Plain Rice           | Babycorn & Broccoli Rice      | Steam Rice                          | Steam Rice                        | Veg Biryani             |
| <b>Breads</b>            | Roti,Parantha, Msl Bread  | Roti,Parantha, Hard Rolls      | Roti,Makai ki Roti   | Roti,Parantha, Onion Bread    | Roti,Parantha, Hard Rolls           | Roti,Parantha, Garlic Jeera Bread | Roti,Parantha Focaccia  |
|                          | Chutney                   | Mix & Green Chilly             | Mix & Green Chutney  | Mix & Garlic Red Chilly       | Chilly                              | Chutney                           | Mix & Green Chilly      |
| <b>Dessert</b>           | Chocolate pastry          |                                | Moong Dal Halwa      |                               | Besan Ladoo                         |                                   | Fruit Cream             |
| <b>S N A C K S</b>       |                           |                                |                      |                               |                                     |                                   |                         |
| <b>Snacks D/B</b>        | Kachori                   | Mint Cucumber S/w              | Veg Patties          | Samosa                        | Doughnut                            | Delhi-6                           |                         |
| <b>Snacks R/B</b>        | Kachori                   | Mint Cucumber S/w              | Veg Patties          | Samosa                        | Doughnut                            | Delhi-6                           | Burger                  |
| <b>Fruit</b>             | Banana                    | Guava                          | Keenu                | Banana                        | Guava                               | Apple                             | Fruit chat              |
| <b>Refreshment</b>       | Tang Water                | Nimbu Pani                     | Orange Glucon D      | Nimbu Pani                    | Jaljeera                            | Glucon D                          | Mint Nimbu Pani         |
| <b>D I N N E R</b>       |                           |                                |                      |                               |                                     |                                   |                         |
| <b>Soup</b>              | Hot n Sour                | Soup                           | Manchaow             | Thukpa Soup                   | Soup                                | Sweet Corn                        | Cream of Tomato Soup    |
| <b>Salad 1</b>           | Salad Bar                 | Salad Bar                      | Salad Bar            | Salad Bar                     | Salad Bar                           | Salad Bar                         | Salad Bar               |
| <b>Salad 2</b>           | Murmura                   | Sprout                         | Ceaser               | Three Beans Salad             | Russian                             | Kimchi                            | Tossed                  |
| <b>Dal</b>               | Tadka                     | Urad Dal                       | Masoor Dal           | Chana Dal                     | Green Moong Dal                     | Veg Manchurian                    | Mix Dal                 |
| <b>Veg 1</b>             | Shubnum Curry             | Soya Malai Chap                | Palak Paneer         | Veg Kofta                     | Paneer Korma                        | Thai Curry                        | Paneer Butter Masala    |
| <b>Veg/Conti.</b>        | Mongolian Tawa (live)     | Veg Spaghetti (live)           | Veg Mussaka          | Sarsoon Ka Saag               | Pomme Lyonnaise                     | Hakka Noodles, Spring Rolls       | Stuff vegetable         |
| <b>Non.Veg.</b>          |                           |                                | Chicken Biryani      | Makka Roti (live)             | Grilled Chicken Bar Be Que Sauce    |                                   | Butter Chicken          |
| <b>Rice</b>              | Plain Rice                | Beans & Carrot Pulao           | Veg Biryani          | Rice                          | Plain Rice                          | Tofu & Corn Rice                  | Plain Rice              |
| <b>Breads</b>            | Roti,Parantha, Bread roll | Roti,Parantha, Gr.Bread        | Roti,Parantha, Bread | Roti,Parantha, Hard Roll      | Roti,Parantha, Focaccia Bread       | Roti, Garlic Bread                | Td.Roti,Parantha, Bread |
|                          | Mix & Tomato Chutney      | Mix & Green Chilly             | Mix & Green Chutney  | Gud,White Butter              | Mix & Green Chilly                  | Mix & Hot Garlic Sc.              | Mix & Green Chilly      |

| Dessert       | Carrot Kheer            | Swiss Roll | Jalebi | Choc.Balls | Fruit Pudding | Gui Cake | Pineapple Semolina<br>Cake |  |
|---------------|-------------------------|------------|--------|------------|---------------|----------|----------------------------|--|
|               |                         |            |        |            |               |          |                            |  |
|               |                         |            |        |            |               |          |                            |  |
|               | <i>*** Menu Subject</i> |            |        |            |               |          |                            |  |
| <b>Wbbj*</b>  | Butter Jam              |            |        |            |               |          |                            |  |
| <b>Bbbj**</b> | Butter Jam              |            |        |            |               |          |                            |  |