GD GOENKA EDUCATION CITY

Weekly Menu

	MON 15 May	TUE 16 May	WED 17 May	THU 18 May	FRI 19 May	SAT 20 May	SUN 21 May			
	B R E A K F A S T									
Cereal		Plain Cornflakes		Plain Cornflakes		Chocos	Cornflakes Mango			
Fruit	Water Melon	Banana	Sweet Melon	Mango	Cut Papaya	Water Melon	Musk Melon			
Milk	Hot & cold	Hot & cold	Hot & Cold	Hot & cold	Hot Choc. Milk	Hot & cold	Hot & cold			
Bread	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**			
Main Dish	Veg Corn Cutlet	Idly Sambher	Gobhi Parantha	Paneer Wrap	Veg. Grilled S/w	Poori Bhaji	Pav Bhaji			
Egg	Fried Egg		Egg Bhurji		Ommelete	Egg Bhurji	Ommelete (Live)			
	L U N C H									
Salad 1	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar			
Dal	Rajma	Choley Amritsari	Dal LMD	Dal Bukhra	Arhar Dal	Moong Masoor	Dal Makhani			
Veg 1	Jeera Aloo	Gobhi Adraki	Soya Mutter	French Beans Aloo	Lauki Kofta	Paneer Mutter	Kathal Masala			
Veg/Conti.	Mushroom Florntine	Butter Veg.	Veg Macroni	Egg Curry	Veg. Pasta	Veg Thai Curry	Veg Musaka			
Curd	Curd	Mix Raita	Curd	Kheera Raita	Aloo Raita	Jeera Raita	Plain curd			
Rice	Rice	Steam Rice	Dhaniya Rice	Steam Rice	Rice	Steam Rice	Rice			
Breads	Roti,Parantha,Msl.Bread	Roti ,Parantha ,Gr.Bread	Roti ,Parantha,Cheese Bread	Roti ,Parantha,Gr.Bread	Roti,Parantha,Msl Bread	Roti ,Parantha,Gr.Bread	Td.Roti Naan,Bread			
	Mix & Green Chutney	Mix & Green Chilly	Mix & Tomato Chutney	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Tomato Chutney			
Dessert	Wheat Orange Cake	Fruit Custard	Carrot Muffin	Bulgur Wheat Kheer	Swiss Roll	Vermicelli Kheer	Lemon Cheese Cake			
	S N A C K S									
Snacks D/B	Wheat Oats Cookies	Fruit Cake Slice	Brown Bread S/w	Veg Burger	Veg. Patties					
Snacks R/B	Wheat Oats Cookies	Fruit Cake Slice	Brown Bread S/w	Veg Burger	Veg. Patties	Stuffed Pita With Hummus	Veg Sub S/w (live)			
Fruit	Banana	Apple	Banana	Apple	Banana	Fruit Chat	Mango			
Refreshment	Tang Water	Nimbu Pani	Orange Glucon D	Nimbu Pani	Rose Water	Glucon D	Mint Nimbu Pani			
	D I N N E R									
Soup	Veg Clear Soup	Sweet Corn	Hot n Sour	Manchow Soup	Cream of Carrot	Tomato Sorba	Noodles Soup			
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar			
Salad 2	Corn salad	Aloo chana chat	Murmura Salad	Tossed Salad	Poha Salad	Waldrof	Beetroot			
Dal	Dal Massor	Lobhiya	Dal Tadka	Moong Dal	Moth Dal	Channa Dal Noorjhan	Panchmel Dal			
Veg 1	Shubnam Curry	Sam Savera	Palak Paneer	Mix Veg Jalfrezi	Paneer Bhurji	Kadhai Mushroom	Paneer Butter Masala			
Veg/Conti.	(live)	Mexican Rice (Live)		MangolianTawa (Live)		Veg Pasta (Live)				
Non.Veg.			Chicken Curry		Tawa Chicken		Td. Chicken			
Rice	Rice	Onion Rice	Rice	Jeera Rice	Plain Rice	Masala Pulao	Plain Rice			
Breads	roll	Roti,Parantha, Gr.Bread	Td. Roti,Naan,Bread	Roll	Td.Roti Naan,Bread	Stick	Gr.Bread			
	Mix & Green Chutney	Mix & Tomato Chutney	Mix & Vinegar Onion	Mix& Green Chilly	Mix & Vinegar Onion	Chilly	Mix & Green Chutney			
Dessert	Rasmalai	Gui Cake	Gulab jamun	Mango Yoghurt	Oats & Apple Phirni	Black Forest Pastry	Suji Halwa			
	*** *Menu Subject to*									
Wbbj*	Jam									
Bbbj**	Butter Jam									