

# GD GOENKA EDUCATION CITY

## Weekly Menu

	MON 20 NOV	TUE 21 NOV	WED. 22 NOV	THU 23 NOV	FRI 24 NOV	SAT 25 NOV	SUN 26 NOV
<b>B R E A K F A S T</b>							
<b>Cereal</b>						Chocos	Mango Cornflakes
<b>Fruit</b>	Cut Papaya	Cut Fruit	Galia Melon	Cut Fruit	Banana	Cut Papaya	Galia Melon
<b>Milk</b>	Hot & Cold	Chocolate Milk	Hot & cold	Hot & cold	Cold Coffee	Hot & cold	Hot & cold
<b>Bread</b>	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**
<b>Main Dish</b>	Dal Parantha	Idly	Croquette	Mutter Kulcha	Grilled veg S/W	Stuffed Prantha (live)	Bedmi Poori
	Curd	Sambhar	Tomato Ketchup	Mint Chutney	Tomato Ketchup	Curd	Aloo Bhaji
<b>Egg</b>	Boiled Egg	Veg Upma	Fried Egg	Veg Poha	Ommelete	Egg bhurji	Ommelete (live)
<b>B R E A K F A S T</b>							
<b>Salad 1</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Dal</b>	Dal Punjabi	Panchratan Dal	Rajma Masala	Dal Bukhara	Kala Channa	Urad channa	Arhar dal
<b>Veg 1</b>	Aloo Gobhi	Mutter Paneer	Aloo Achari Masala	Veg Kohlapuri	Veg. Kofta Curry	Aloo Tamater	Gobhi Gajar Matar
<b>Veg/Conti.</b>	Mushroom Pasta Red Sc.	Pommes Gratin	Baked Spinach Corn	Veg Lasagne	Macroni Bolognaise	Bhindi Kurkuri	Malai Kofta
<b>Curd/Soup</b>	Tomato Pudina Raita	Kheera Raita	Curd	Boondi Raita	Curd	Tadka Raita	Pineapple & Dil Raita
<b>Rice</b>	Plain Rice	Jeera Rice	Steamed Rice	Rice	Veg Pulao	Mix Sprouts Fried Rice	Veg Biryani
<b>Breads</b>	Roti,Parantha,Msl Bread	Roti,Parantha,Hard Rolls	Roti,Parantha,Bread	Roti,Parantha,Msl Bread	Roti,Parantha,Hard Rolls	Roti,Parantha,Bread	Roti,Parantha,Focaccia
	Mix & Tomato Chutney	Mix& Green Chilly	Mix & Fried Chilli	Mix& Green Chilly	Mix& Green Chilly	Mix & Mint Chutney	Mix& Green Chilly
<b>Dessert</b>	Banana Muffin	Besan Laddoo	Fruit Custard	Seviyan Kheer	Gur Ki Chikki	Swiss Roll	Rasgulla
<b>B R E A K F A S T</b>							
<b>Snacks D/B</b>	Cheese Tomato S/w	Apple	Chocolate Cookies	Tortilla Roll	Cinnamon Doughnut		
<b>B R E A K F A S T</b>							
<b>Snacks R/B</b>	Cheese Tomato S/w	Soya Spinach Shammi Kabab	Chocolate Cookies	Tortilla Roll	Cinnamon Doughnut	Delhi-6	Subways (live)
<b>Fruit</b>	Banana	Apple	Oranges	Banana	Apple	Oranges	Banana
<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>	soup	Cream of Broccoli	Pumpkin	Noodle Soup	Green Peas	Veg 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>	Sprout	Caeser	Murmura	Three Beans Salad	Russian	Som Tom Thai	Veg Hawain Salad
<b>Dal</b>	Dal LMD	Dal Tadka	Kala Moti Dal	Green Moong Dal	Mix Dal	Kadhi Pakoda	Red Lobhiya Dal
<b>Veg 1</b>	Aloo Mutter Tamatar	Sarsoon Ka Saag	Paneer Masala	Navratan Korma	Tofu Tikka Masala	Methi Aloo	Paneer Takatak
<b>Veg/Conti.</b>	Veg Manchurian (live)	Aloo South Indian Style		Td.Soya Chap (Live)		Veg Spaghetti (live)	
<b>Non.Veg.</b>			Chicken Biryani		Butter Chicken		Td. Chicken
<b>Rice</b>	Jeera Rice	Veg Rice	Veg Biryani	Plain Rice	Steamed Rice	Steamed Rice	Plain Rice

<b>Breads</b>	Roti,Parantha, Bread roll	Roti,Makki Ki Roti(live), Gr.Bread	Roti,Parantha , Jeera Bread	Roti,Parantha, Hard Roll	Td.Roti,Naan, Focaccia Brd	Roti,Parantha, Gr.Bread	Roti,Parantha, Jeera Bread
<b>Pickle/Chutny</b>	Mix & Tomato Chutney	Gur & White Butter	Mix & Green Chutney	Mix & Garlic Red Chilly	Mix & Green Chilly	Mix& Hot Garlic Sc.	Mix& Tomato Chutney
<b>Dessert</b>	Chena Rabri	P/A Pudding	Gulabjamun	Gui Cake	Fruit Cream	Chocolate Burfi	Apple Pie
	<b>*** Menu Subject to</b>						
<b>Wbbj*</b>	Jam						
<b>Bbbj**</b>	Butter Jam						