

The Ardee School, Goa (Junior) – May 2019 Meal #1: Morning Breakfast (Menu Composition)

Week 1

| MAIN | SIDE | BEVERAGE |
|---------------------|------------------|------------------|
| Puri | Green Peas Gravy | Watermelon Juice |
| Vegetarian Sandwich | Dhokla | Bournvita Milk |
| Egg Burji | Bread | Butter Milk |
| Idli | Coconut Chutney | Milkshake |
| Aloo Paratha | Pickle | Lassi |

Week 2

| MAIN | SIDE | BEVERAGE |
|----------------|-----------------|------------------|
| Puri | Channa Bhaji | Watermelon Juice |
| Dabeli | Cut Fruits | Bournvita Milk |
| Scrambled Eggs | Bread | Lemon Juice |
| Wada | Coconut Chutney | Milkshake |
| Gobi Paratha | Pickle | Lassi |

Week 3

| MAIN | SIDE | BEVERAGE |
|-------------------|-----------------|------------------|
| Poha | Chutney | Watermelon Juice |
| Upma | Cheese Balls | Milkshake |
| Omelette Sandwich | Mashed Potatoes | Lemon Juice |
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The Ardee School, Goa (Junior) – May 2019 Meal #2: Afternoon Lunch (Menu Composition)

Week 1

| MAIN | SIDE | DESSERT |
|-----------------------------|---------------|--------------|
| Palak Paneer | Chapati | Whole Fruit |
| Veg Xacuti | Plain Rice | Satva |
| Aloo Methi | Chapati | Boondi Raita |
| Rajma | Jeera Rice | Gulab Jamun |
| Veg Manchurian (Semi Gravy) | Hakka Noodles | Honey Noodle |

Week 2

| MAIN | SIDE | DESSERT |
|-------------|--------------|---------------------------|
| Sambhar | Lemon Rice | Fruit Custard (No Papaya) |
| Aloo Gobi | Chapati | Mixed Raita |
| Dal Makhani | Steamed Rice | Motichoor Ladoo |
| Chole | Chapati | Whole Fruit |
| Bhaji | Pav | Gehu Shira |

Week 3

| MAIN | SIDE | DESSERT |
|---------------------|--------------|----------------|
| Egg Curry | Veg Pulao | Mysore Pak |
| Paneer Tikka Masala | Chapati | Cucumber Raita |
| Veg Ratatouille | Parsley Rice | Serra Durra |
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