

ARDEE NFC-AUGUST LUNCH- MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		01-Aug	02-Aug	03-Aug
		WALDROF SALAD	CUCUMBER SLICE	ASIAN SALAD
		WHOLE WHEAT PASTA IN HERB ALFREDO	ALOO GOBHI	BROCCOLI & BABY CORN IN HOT GARLIC SAUCE
		VEGETABLE AU GRATIN	RAJMA MASALA	CHINESE STIR FRIED POTATOES
		ROASTED CHICKEN IN PEPPER SAUCE	METHI MURGH	CHILLY CHICKEN
		SPINACH RICE	ROTI/ RICE	HAKKA NOODLES/FRIED RICE
		BLACK FOREST PASTRY	STRAWBERRY YOGHURT	FRUIT TRIFLE PUDDING
Monday	Tuesday	Wednesday	Thursday	Friday
06-Aug	07-Aug	08-Aug	09-Aug	10-Aug
KACHUMBER SALAD	BHELPURI	TOSSED SALAD	STEAMED MASALA CORN	ROASTED POTATO SALAD
KADHAI VEG	MATAR PANEER	STIR FRIED VEGETABLES	JEERA ALOO	WHOLE WHEAT PASTA IN MARINARA SAUCE
AMRITSARI CHHOLEY	DAL TADKA	HONEY CHILLY POTATO	KADHI PAKODA	GABANZO BEAN STEW
CHICKEN CURRY	CHICKEN LAZEEZ	PEPPER GARLIC CHICKEN	CHICKEN LABABDAR	BBQ CHICKEN
ROTI/ RICE	ROTI/ RICE	VEG NOODLES/GARLIC RICE	ROTI/ RICE	MEXICAN RICE
MANGO YOGHURT	RASGULLA	STRAWBERRY YOGHURT	PHIRNI	FRUIT YOGHURT
Monday	Tuesday	Wednesday	Thursday	Friday
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug
TOSSED SALAD	THREE BEAN SALAD	HOLIDAY	DAHI BHALLA	ASIAN SALAD
SHAHI PANEER	ADRARI GOBHI		KOLHPURI VEG	VEG BALL SCHEZWAN
DAL PANCHRATAN	ARHAR KI DAL		RAJMA MASALA	POTATO FINGERS
MURGH KANDHARI	KADHAI CHICKEN		MURGH MAKHANI	KUNG PAO CHICKEN
ROTI/ RICE	ROTI/ RICE		ROTI/ RICE	HAKKA NOODLES/PEAS RICE
MANGO YOGHURT	CHOCOLATE MOUSSE		STARWBERRY YOGHURT	CHOCOLATE PASTRY
Monday	Tuesday	Wednesday	Thursday	Friday
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug
CORN CHAT	KACHUMBER (WITHOUT ONION)	GREEK SALAD	TOSSED SALAD	SIMPLE GREEN SALAD (SLICES OF CUCUMBER , TOMATO , CARROTS)
BHINDI MASALA	MATAR PANEER	WHOLE WHEAT PASTA IN PINK SAUCE	PANEER BUTTER MASALA	CHILLY PANEER
MOONG MASOOR DAL	PUNJABI CHHOLE	POTATO LYONNAISE	DAL MAHARANI	HONEY CHILLY POTATO
CHICKEN MASALA	CHICKEN DO PYAZA	ROSEMARY CHICKEN	BUTTER CHICKEN	PEPPER GARLIC CHICKEN
ROTI/ RICE	ROTI/ RICE	GARLIC BREAD	ROTI/ RICE	VEG NOODLES/GARLIC RICE
FRUIT YOGHURT	MINI GULAB JAMUN	CHOCOLATE GRANULA BAR	RASBHARI	STRAWBERRY YOGHURT
Monday	Tuesday	Wednesday	Thursday	Friday
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug
WALDROF SALAD	CUCUMBER SLICE	ASIAN SALAD	KACHUMBER SALAD	BHELPURI
WHOLE WHEAT PASTA IN HERB ALFREDO	ALOO GOBHI	MUSHROOM & BABY CORN IN HOT GARLIC SAUCE	KADHAI VEG	MATAR PANEER
VEGETABLE AU GRATIN	RAJMA MASALA	CHINESE STIR FRIED POTATOES	AMRITSARI CHHOLEY	DAL TADKA
ROASTED CHICKEN IN PEPPER SAUCE	METHI MURGH	CHILLY CHICKEN	CHICKEN CURRY	BUTTER CHICKEN
SPINACH RICE	ROTI/ RICE	HAKKA NOODLES/FRIED RICE	ROTI/ RICE	ROTI/ RICE
STRAWBERRY YOGHURT	BLACK FOREST PASTRY	FRUIT YOGHURT	RASGULLA	MANGO YOGHURT