

VISHWASHANTI GURUKUL WORLD SCHOOL
SODEKO FOOD SOLUTION INDIA PVT LTD

DATE	1-Feb-12	2-Feb-12	3-Feb-12	4-Feb-12	5-Feb-12	6-Feb-12
DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
BREAK FAST						
INDIAN	SHEVAI UPMA	SAGO KHICHADI	KANJIVARAM IDLI	BREAD CHIWDA	ALOO PARATHA	KANDA POHA
CONTINENTAL	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM
FLAKES	BANANA FLAKES	STRAWBERRY FLAKES	HONEY LOOPS	CORNFLAKES	CHOCOS	STRAWBERRY FLAKES
HEALTH DRINK	BORNVITA	DRINKING CHOCO	BOOST	HORLICKS	DRINKING CHOCO	BORNVITA
BEVERAGES	HOT/ COLD MILK	HOT/ COLD MILK	HOT /COLD MILK	HOT/ COLD MILK	HOT/COLD MILK	HOT/ COLD MILK
BEVERAGES	TEA AND COFFEE	TEA AND COFFEE	TEA/COFFEE	TEA AND COFFEE	TEA/COFFEE	TEA AND COFFEE
FRUITS	BANANA	BANANA	BANANA	BANANA	BANANA	BANANA
MID DAY SNACKS	VEG FRANKIES	VEG CUTLET	CORN CHAT			VEG PUFF
LUNCH						
SALAD	GREEN SALAD	MOOLI PACHEDI	TANDOORI SALAD	TOSSED SALAD	GREEN SALAD	CORN TOMATO CAPSICUM
VEG 1	GATTA CURRY	BHENDI MASALA	GOBI TAKA TAK	SOYA CURRY	TAWA VEG	CHOLE CURRY
VEG 2	SIMLA MASALA	B.CHANA CURRY	VEG BHUNA	PALAK TADKA	CHAVALI CURRY	DHABA DAL
DAL	WARAN	DAL TADKA	DAL FRY	RASSAM	DAL AGRARI	VEG PULAV
RICE	TADKA RICE	TOMATO RICE	JERA RICE	STEAM RICE	LEMON RICE	DHANIYA PARATHA
INDIAN BREAD	CHAPATI	TAWA PARATHA	CHAPATI	PARATHA	CHAPATI	GR.CHILLI PICKLE
ACCOMPANIMENT		CR.CARROT SOUP	GR.CHILLY PICKLE	PICKLE	GARLIC CHUTNEY	MUNCHOW SOUP
DESSERT/FRUIT	CHIKOO	ORANGE	CUT PAPAYA	POMEGRANATE	APPLE	PINEAPPLE SHEERA
EXTRA	DAHI WADA	BREAD ROLL		RICE PAPAD	ONION PAKODA	
EVENING SNACKS	VEG BURGER	KACHORI CHAT	SPROUTED BHEL	MAGGI	KACCHI DABELI	VEG SPRING ROLL
JUICE /MILKSHAKE	COLD COFFEE	STRAWBERRY M/S	BANANA M/S	FRUIT PUNCH	CHIKKO M/S	MIX FRUIT JUICE
DINNER			KOREAN SPECIAL	ANNUAL DAY	SUNDAY SPECIAL	
SALAD	JULLIENE SALAD	RED CABBAGE SALAD	KIMCHI SALAD	koshimbir	CR.BROCCOLI SOUP	KUCHUMBER
VEG 1	CORN PALAK	MUSHROOM HANDEI	TOFU JORIM	<i>Amti</i>	MASALA UTTAPAM	METHI PITTHALA
VEG 2	CABBAGE FODGHAT	PASTA IN ANABITA	VEG FRIED RICE	<i>Bharelli Wangi</i>	SAMBAR	MATRI USAL
DAL	DAL ACHARI	JAIN DAL	JMANCHE NODDLES	<i>Pithala</i>	COCONUT CHUTNEY	PHOONI WARAN
RICE	MASSOR PULAV	ONION PULAO	PINEAPPLE PASTRY	<i>Masala Bhat</i>	CHOCOLATE MOUSSE	TADKA RICE
INDIAN BREAD	CHAPATI	CHAPATI	SWEET CORN SOUP	<i>Bhakti-Chapati</i>	DAL/RICE	CHAPATI/BHAKRI
ACCOMPANIMENT	PICKLE			<i>Thecha</i>		GAJAR HULWA
DESSERT/FRUIT	DALIYA SHEERA	FRUIT CUSTARD		<i>Puranpoli with milk/Ghee</i>		
EXTRA		POTATO LEEK SOUP	DAL-RICE	<i>Moong Dal Pakoda</i>		

NOTE:- MENU MAY CHANGE ON AVAILABILITY OF VEGETABLES , FRUITS AND RAW MATERIALS

HM EXE CHEF F&B MANGER PRINCIPAL PYP DIRECTOR & HEAD OF SCHOOL

VISHWASHANTI GURUKUL WORLD SCHOOL
SODEKO FOOD SOLUTION INDIA PVT LTD

DATE	7-Feb-12	8-Feb-12	9-Feb-12	10-Feb-12	11-Feb-12	12-Feb-12
DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAK FAST						
INDIAN	MISAL PAV	MEDU WADA/SAMBAR	MOOLI PARATHA	SAGO WADA	IDLI SAMBAR	ALOO PARATHA
CONTINENTAL	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/B/JAM
FLAKES	MANGO FLAKES	BANANA FLAKES	CHOCOS	STRAWBERRY FLAKES	CORNFLAKES	CHOCOS
HEALTH DRINK	BORNVITA	BOOST	HORLIKS	BORNVITA	DRINKING CHOCO	BOOST
BEVERAGES	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK
BEVERAGES	TEA/COFFEE	TEA AND COFFEE	TEA AND COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
FRUITS	BANANA	BANANA	BANANA	BANANA	BANANA	BANANA
MID DAY SNACKS	SAMOSA	KHAMAN DHOKLA	VEG CUTLET	BR. BREAD S/W		
LUNCH	GUJRATI	COMBINATION		CHINESE		
SALAD	GREEN SALAD	CORN TOMATO BASIL SALAD	CARROT PACHADI	KIMCHI SALAD	KOSHIMBIR SALAD	GREEN SALAD
VEG 1	OONDIHYO	RAJMA MASALA	CABBAGE MUTTER	LEMON CORIANDAR SOUP	DOODHI CHANA	BHENDI FRY
VEG 2	GUJRATI KADHI	FUSILI IN ALFRDO	BLACK CHANA CURRY	GOBI 65	CORN KUMBH KADHAI	MASOOR MASALA
DAL	MOONG DAL KHICHADI	HOT DOG	DAL METHI	VEG HAKKA NOODLES	DAL CURRY	DAL TADKA
RICE	THEPLA	COMBINATION RICE	ONION PULAO	SCHIZWAN FRIED RICE	STEAM RICE	CABBAGE PULAV
INDIAN BREAD	PAPAYA CHUTNEY	PARATHA	CHAPATI	HONEY TOSS NOODLES	CHAPATI	CHAPATI
ACCOMPANIMENT			TOMATO CHUTNEY		PICKLE	THECHA
DESSERT/FRUIT	MOHANTHAL	FRUIT CUSTARD	POMEGRANATE		CUT PAPAYA	FRUIT CHAT
EXTRA	KARARI BHENDI	BUTTER VEG	CR.SPINACH SOUP	DAL-RICE	CARROT SOUP	MOONG DAL PAKODA
EVENING SNACKS	PIZZA	BREAD PATTICE	WADA PAV	ALOO PAPERI CHAT	VEG SPRING ROLL	VEG FOODLES
JUICE /MILKSHAKE	BANANA M/S	COLD COFFEE	MIX FRUIT JUICE	CHIKKU M/S	CHOCOLATE M/S	STRAWBERRY M/S
DINNER					PUNJABI SPECIAL	SUNDAY SPECIAL
SALAD	JULIENE SALAD	CUT SALAD	CRUTONS SALAD	MIX SALAD	LACCHA SALAD	PANEER BHURJEE
VEG 1	MALAI KOFTA CURRY	ALOO MUTTER	PANEER TIKKA MASALA	WAL PAPERI	DUM ALOO KASMIRI	PAV
VEG 2	SIMLA MASALA	RAJGIRA BHAJI	DAL PANCHARANGI	MIX SPROUT USAL	SARSO DA SAAG	ONION-LIME
DAL	DAL LASOONI	JAIN DAL	JERA RICE	DAL ADRANI	MAA DAL	DUM BIRYANI
RICE	MASOOR PULAV	MASALA RICE	TAWA PARATHA	STEAM RICE	PEAS PULAV	VEG GRAVY
INDIAN BREAD	CHAPATI	CHAPATI	CREAM OF MUSHROOM SOUP	PARATHA	PARATHA	LEEK & CELERY VEG SOUP
ACCOMPANIMENT	CURD	THECHA	CARAMAL CUSTARD	GR.CHILLY PICKLE	ONION PAKODA	DAL/RICE
DESSERT/FRUIT	SWEET LIME	CHIKOO		GRAPES	ANGOORI RABDI	SHEVAI KHEER
EXTRA	TOMATO SOUP		DINNER ROLL	RICE PAPERI		

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VISHWASHANTI GURUKUL WORLD SCHOOL
SODEKO FOOD SOLUTION INDIA PVT LTD

DATE	13-Feb-12	14-Feb-12	15-Feb-12	16-Feb-12	17-Feb-12	18-Feb-12
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAK FAST						
INDIAN	POHA	BAKED BEANS	MASALA UTTAPAM	CORN METHI PARATHA	SHEVAI UPMA	MISAL PAV
CONTINENTAL	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM
FLAKES	HONEY LOOPS	CORNFLAKES	BANANA FLAKES	STRAWBERRY FLAKES	CHOCOS	MANGO FLAKES
HEALTH DRINK	BORNVITA	HORLIK	BOOST	BORNVITA	HORLIK	BOOST
BEVERAGES	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK
BEVERAGES	TEA AND COFFEE	TEA AND COFFEE	TEA/COFFEE	TEA/COFFEE	TEA AND COFFEE	TEA AND COFFEE
FRUITS	BANANA	BANANA	BANANA	BANANA	BANANA	BANANA
MID DAY SNACKS	VEG PUFF	SPROUTED ROLL	WADA PAV	VEG CUTLET	STUFFED IDLI	
LUNCH						ITALIAN
SALAD	BETROOT KOCHIMBIR		KHAMAN KAKDI	TOSSED SALAD	MOOLI PACHEDI	GREEK SALAD
VEG 1	ALOO MUTTER	PAV BHAJI	MATKI USAL	BEANS CHATPATA	GHERKINS MASALA	PENNE PESTO
VEG 2	CLUSTER BEAN MASALA	SCZ. FRIED RICE	DOSA BHAJI	GOBI MUTTER	RAJMA RASSA	VEG AUGRATIN
DAL	MOONG DAL TADKA	CORN SOUP	WADAN	URAD DAL AMTI	DAL FRY	PEPPER HERBS RICE
RICE	STEAM RICE	DAL/RICE	PLAIN RICE	CURD RICE	TADKA RICE	CR.OF BROCCOLI SOUP
INDIAN BREAD	CHAPATI	FRUIT CUSTARD	CHAPATI-POORI	PARATHA	CHAPATI	FOCASIA BREAD
ACCOMPANIMENT	PEANUT CHUTNEY-PICKLE				CURD	CHOCOLATE MOUSE
DESSERT/FRUIT	CHIKOO		AMRAKHAND	FRUIT CHAT	APPLE	
EXTRA	FRYAMS		DHOKLA	MINI KACHORI	SWEET CORN VEG SOUP	FALAFAL_HUMMOUS
EVENING SNACKS	CHINESE BHEL	MAGGI	VEG S/W	PIZZA	SAMOSAS CHAT	SHEV DAHI POORI
JUICE /MILKSHAKE	ORANGE TANG	BANANA M/S	CHIKKU M/S	FRUIT PUNCH	STRAWBERRY M/S	COLD COFFEE
DINNER	COMBINATION MENU	TUESDAY DELIGHT		CHEFS SPECIAL		
SALAD	GREEN SALAD	PANEER KADHAI	CRUTON SALAD		GREEN SALAD	KOSHIMBIR
VEG 1	CHOLE PALAK	HYDRABADI BIRYANI	NANGIS KOFTA CURRY		CAPSICUM MASALA	ALOO MUTTER
VEG 2	SINGAPOORI NOODLES	KULCHA	PASTA IN MARINARA	VEG BURGER	GR. PEAS CURRY	DAL MAASHANI
DAL	DAL FRY	DAL-RICE	DAL TADKA	FRENCH FRIES	KADHI PAKODA	KASHMIRI PULAV
RICE	JEERA RICE	MIX VEG RAITA	STEAM RICE	VEG FRIED RICE	KHICHADI	PUDINA PARATHA
INDIAN BREAD	PARATHA	JALEBI	TAWA PARATHA	ICE CREAM	METHI THEPLA	POTATO LEEK SOUP
ACCOMPANIMENT	RED PUMPKIN SOUP		CUT PAPAYA	CUT-RICE	RAW PAPAYA CHUTENY	PINEAPPLE SHEERA
DESSERT/FRUIT	SWEET LIME				RAWA LADOO	
EXTRA		HARABHARA KABAB	MUNCHOW SOUP			

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VISHWASHANTI GURUKUL WORLD SCHOOL
SODEKO FOOD SOLUTION INDIA PVT LTD

DATE	25-Feb-12	26-Feb-12	27-Feb-12	28-Feb-12	29-Feb-12
DAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAK FAST					
INDIAN	MASALA UTTAPPAM	ALOO PARATHA	BAKED BEANS	POORI/BHAJI	IDLI/SAMBAR
CONTINENTAL	B/ B/ JAM	B/B/JAM	B/ B/ JAM	B/ B/ JAM	B/ B/ JAM
FLAKES	MANGO FLAKES	CHOCOS	HONEY LOOPS	BANANA FLAKES	STRAWBERRY FLAKES
HEALTH DRINK	BORNVITA	BOOST	WORLIKS	BORNVITA	WORLIKS
BEVERAGES	HOT/COLD MILK	HOT/COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK	HOT/ COLD MILK
BEVERAGES	TEA/COFFEE	TEA/COFFEE	TEA AND COFFEE	TEA AND COFFEE	TEA AND COFFEE
FRUITS	BANANA	BANANA	BANANA	BANANA	BANANA
MID DAY SNACKS	VEG & CHEESE S/W		KHAMAN DHOKLA	CORN CHAT	WADA PAV
LUNCH					
SALAD	SPROUTED SALAD	GREEN SALAD	DILL CUCUMBER	GREEK SALAD	CARROT PACHEDI
VEG 1	CABBAGE MASALA	GOBI TAKA TAK	PADWAL CHANA	BEANS CHATPATA	TOMATO CORN BHARTA
VEG 2	RAJMA RASSILA	SOYA CURRY	CHEESE ANGOORI	CHAVALI RASSA	MASOOR KOLHAPURI
DAL	JAIN DAL	DAL FRY	CORIANDER DAL	KHATTI DAL	DAL CURRY
RICE	STEAM RICE	JEERA RICE	TOMATO RICE	ONIAN PULAV	STEAM RICE
INDIAN BREAD	CHAPATI	CHAPATI	PARATHA	TAWA PARATHA	CHAPATI
ACCOMPANIMENT	PEANUT CHUTNEY	VEG SOUP	RED PUMKIN SOUP	CURD	RAW PAPAYA CHUTENY
DESSERT/FRUIT	CHIKKU	CUT FRUIT	BOONDI LADDO	POMEGRANATE	SWEET LIME
EXTRA					RICE PAPAD
EVENING SNACKS	SAMOSHA CHAT	FOODLES	MASALA PAV	SPROUTED BHEL	HARABHARA KABAB
JUICE/MILKSHAKE	BANANA M/S	COLD COFFEE	STRAWBERRY M/S	CHIKKU M/S	CHOCOLATE M/S
DINNER	LAWN DINNER JAL HOUSE SHOW	SUNDAY SPECIAL			
SALAD	FRESH GARDEN SALAD	LACCHA SALAD	TOSSED SALAD	KOSHIMBIR	CUT SALAD
VEG 1	CORN&CELERY SOUP	CHOLE	DOSA BHAJI	MUSHROOM MUTTER	TAWA VEG
VEG 2	PANEER KADHAI	BHATURE	LASSOON PALAK	DALCHA	BLCHANA CURRY
DAL	LAKHNAWI BIRYANI	PULAV RICE	DAL AMRITSARI	JEERA RICE	RASSAM
RICE	ROOMALI ROTI	CR. OF ASPARAGRUS SOUP	STEAM RICE	PARATHA	TADKA RICE
INDIAN BREAD	ORANGE PASTRY	CHOCOLATE MOUSE	CHAPATI	MIX RAITA	PARATHA
ACCOMPANIMENT	BOONDI RAITA	DAL/RICE	GR.CHILLI PICKLE	JALEBI	MIX RAITA
DESSERT/FRUIT			GRAPES	VEG MUNCHOW SOUP	GULABIAMUN
EXTRA					

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