MIT PUNE'S

VISHWASHANTI GURUKUL

SINCE 2006

AN IB WORLD SCHOOL

Cambridge Assessment International Education

Cambridge International School

Refectory Menu | March 2020

REGULAR

		3/1/2020	3/2/2020	3/3/2020	3/4/2020
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY
WHOLESOME B/F	INDIAN B/F	**ALOO PARATHA/CURD**	KANDA POHA/RASSAM	ALOO BONDA/CHUTNEY	VEG UPMA
	CEREAL	CHOCOS FILLS	STRAWBERRY FILLS	PLAIN CORNFLAKES	HONEY ALMOND
	DRINKS	BOURNVITA	CHOCOLATE HORLICKS	DRINKING CHOCOLATE	PLAIN HORLICKS
	ACCOMPANIMENTS	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
	MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
		TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
	FRUIT	BANANA	WATER MELON	APPLE	MARSHMELON
MID DAY			ROTI WARAP	VEG CALZONE	SAMOSA
		BUTTER MILK	**BUTTER MILK**		**BUTTER MILK**
LUNCH MENU	VEGETABLE	VEG TAVA MASALA	BHENDI NARIYALI	**PANEER MATAR MASALA**	WHITE VATANA CURRY
	DAL/PULSES	BUTTER DAL TADKA	DAL TAMATAR	**DAL MAKHANI**	DAL COCONUT
	RICE PREPRATIONS	STEAM RICE	STEAM RICE	**JEERA RICE**	STEAM RICE
	INDIAN BREAD	CHAPATI	PHULKA	**TAVA PARATHA**	PHULKA
	DESSERT/FRUITS	DRY FRUIT SHEERA	GAJAR KA HALWA	**GULABJAMUN**	SHREE KHAND
	SALAD	GREEN SALAD	STICK SALAD	**GREEN SALAD**	CUCUMBER TADKA SALAD
	INDOCONTI MENU	FRIED RICE	VEG PIE	**SESAME GRILLED VEG**	COMBINATION FRIED RICE
	SOUPS/ACCOMPANIMENTS	HOT N SOUR SOUP	SWEET CORN SOUP	**TOMATO SHORBA**	MANCHOW SOUP
KIDS MENU		WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
EVENING SNACKS	SNACKS	BHEL	DAL VADA	PAPADI CHAT	**MAGGI**
	BEVERAGE	LEMON TANG	ORANGE TANG	MANGO TANG	FRUIT PUNCH
DINNER	SALAD	GREEN SALAD	**VEG RAITA**	BEET ROOT SALAD	GREEN SALAD
	VEG 1	GREEN MOONG CURRY	**LEMON CORIANDER SOUP**	GOBI ADRAKI	TURAI MASALA
	VEG 2	CABBAGE CHANA MASALA	**CHOLE AMRITSARI**	CHANA JAISALMERI	SEVGA PITHALA
	DAL	DAL TADKA	**DAL PALAK**	DAL ADKA	PHODNI VARAN
	RICE	STEAM RICE	**PLAIN RICE**	STEAM RICE	STEAM RICE
	BREADS	CHAPATI	**BHATURA**	CHAPATI	CHAPATI
	SWEET/FRUITS	BESAN BARFI	**BROWANI**	RICE KHEER	MANGO BARFI

3/5/2020	3/6/2020	3/7/2020	3/8/2020	3/9/2020	3/10/2020
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
MISAL PAV	SAGO KHICHADI	IDLI SAMBAR	ALOO PARATHA	MEDU WADA	KANDA POHA
SPECIAL K	HONEY FLAKES	STRAWBERRY FLAKES	CHOCOS FILLS	STRAWBERRY FILLS	PLAIN CORNFLAKES
BOOST	BOURNVITA	CHOCOLATE HORLICKS	DRINKING CHOCOLATE	PLAIN HORLICKS	BOOST
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
PINEAPPLE	BANANA	WATERMELON	BANANA	WATER MELON	APPLE
STEAM CORN	BROWN BREAD CHEESE S/W				
BUTTER MILK	**BUTTER MILK**	**BUTTER MILK**	**BUTTER MILK**		**BUTTER MILK**
RAJMA CURRY	**KOTHAMBIR WADI**	GAVAR MASALA	VEG MAKHANWALA	**KHADA BHAJI**	**MATKI CURRY**
MASALA DAL	**LOBIYA CURRY**	PHODNI DAL	BUTTER DAL TADKA	**PAV**	**BHARALE WANGE**
STEAM RICE	**UNDHIYU**	STEAM RICE	JEERA RICE	**VEG DUM BIRYANI**	**MASALA BHAT**
PHULKA	**MOONG DAL KHICHADI**	CHAPATI	PHULKA	**BUNDHI RAITA**	**CHAPATI**
LAPSI	**GUJARATI KADH**	SHAHI TUKDA	PINEAPPLE SHEERA	**MOONG DAL SHEERA**	**KOTHIMBIR VADI**
GREEN SALAD	**PHULKA**	TOMATO CUCUMBER SALAD	GREEN SALAD	**FRIED PAPAD**	**KAKADICHI KOSHINBIR**
	CHURMA LADOO				
BABY CHILLI POTATO	**GREEN SALAD**	MAC N CHEESE	HARABHARA KABAB	**ONION/LIME**	**PURAN POLI**
CREAM OF MUSHROOM SOUP		GRILLED VEG	VEG FRIED RICE		**PEANUT CHUTNEY**
WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
MINI COCONUT KACHORI	RAGDA PATTICE	SUBWAY S/W	DAHI VADA	S.P.D.P	CORN CUTLET
BANANA MILKSHAKE	ICE TEA	**NIBU PANI**	MANGO TANG	**JALJEERA**	ORANGE TANG
CUCUMBER SALAD	CUCUMBER CUCHUMBER SALAD	**KIMCHI SALAD**	GREEN SALAD	GREEN SALAD	GREEN SALAD
SEV BHAJI	TOMATO CHUTNEY	**HOT N SOUR SOUP**	MASOOR MASALA	METHI MOONG	CHAWALI BEANS MASALA
TONDLI MASALA	GREEN VATANA CURRY	**SOYA CHILLI**	FRENCH BEANS FOOGATH	DOUBLE BEE CURRY	MIX SPROUTE CURRY
DAL TRIVENI	PHODNI BHAT	**SEZ HAKKA NOODLES**	DAL LASOONI	DAL ADRAKI	MASALA DAL
STEAM RICE	JAIN DAL	**MANCHURIAN FRIED RICE**	STEAM RICE	STEAM RICE	STEAM RICE
PHULKA	PHULKA	**DAL/RICE**	CHAPATI	PHULKA	CHAPATI
CHOCOLATE PASTRY	FRUIT TRIFLE	**CUT FRUITS**	SEVAI KHEER	VANILLA PASTRY	MIHIDANA

3/11/2020	3/12/2020	3/13/2020	3/14/2020	3/15/2020	3/16/2020
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
PALAK THEPLA	SANZA	**BAKED BEANS**	SAGO VADA	ALOO PARATHA	**MISAL PAV**
HONEY ALMOND	SPECIAL K	HONEY FLAKES	STRAWBERRY FLAKES	CHOCOS FILLS	STRAWBERRY FILLS
BOURNVITA	CHOCOLATE HORLICKS	DRINKING CHOCOLATE	PLAIN HORLICKS	BOOST	BOURNVITA
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
MARSHMELON	PINEAPPLE	BANANA	WATERMELON	BANANA	WATER MELON
CHOCOLATE DOUGHNUT	MIX BHAJI	KHAMAN DHOKLA			VEG PUFF
	BUTTER MILK	**BUTTER MILK**	**BUTTER MILK**	**BUTTER MILK**	**BUTTER MILK**
DUDHI MASALA	ALOO MATAR	COCONUT LASUN CHUTNEY	RAJMA CURRY	GREEN MOONG CURRY	VEG KOLHAPURI
DAL PALAK	DAL FRY	BENGAN BHARTA	DAL MASALA	DAL TAMATAR	DAL LASUNI
STEAM RICE	STEAM RICE	MASALA DAL	STEAM RICE	JEERA RICE	STAEM RICE
PHULKA	PHULKA	STEAM RICE	PHULKA	PHULKA	PHULKA
MALPUA	FRUIT TRAFAL	BHAKRI/PHULKA	RAWA LADOO	DRY FRUIT SHEERA	JILEBI
GREEN SALAD	LACHHA SALAD	LAPSI	GREEN SALAD	GREEN SALAD	GREEN SALAD
QUESADILLA	STIR FRY VEG	THAI CURRY	MANCHURIAN FRIED RICE	CHEESE CROQUETTES	SEZ FRIED RICE
POTATO WEDGES	MIX BELL PEPPER RICE	HERB RICE	NOODLE SOUP	CREAM OF BROCOLI SOUP	MANCHOW SOUP
WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
VEG PIZZA	FRANKI	**FRNCH FRIES**	BHEL	KACHI DABELI	**MAGGI**
FRUIT PUNCH	ICE TEA	**KOKAM SHARBAT**	**ROSE MILKSHAKE**	ORANGE TANG	**NIBU PANI**
			WELL COME DRINK/KIWI SHARBAT		
GREEN SALAD	**CAESAR SALAD**	CUCUMBER SALAD	**Mathrudevo Bhava Event**	**PAPAD SALAD**	BEET ROOT SALAD
BENGAN MASALA	**CREAM OF TOMATO SOUP**	SURTI WAL PAPDI BHAJI		**MASALA UTTAPAM**	CHAWALI CURRY
CHANA DAL KI SABZI	**PANEER BUTTER MASALA**	SEV TAMATAR RASSA BAHJI		**SAMBAR**	PADWAL MASALA
STEAM RICE	**JEERA RICE**	MOONG DAL CHILTI		**RED COCONUT CHUTNEY**	DAL ADRAKI
PHODNI VARAN	**DAL TADKA**	STEAM RICE		**SOYA BIRYANI/RAITA**	STEAM RICE
CHAPATI	**TAVA PARATHA**	PHULKA		**DAL/RICE**	PHULKA
BALU SHAHI	**KASHI HALWA**	BASUNDI		**DAL PAYSAM**	FRUIT TRAFAL

3/17/2020	3/18/2020	3/19/2020	3/20/2020	3/21/2020	3/22/2020
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEDU VADA SAMBAR	KANDA POHA	METHI THEPLA	VEG UPMA	IDLI SAMBAR	ALOO PARATHA
PLAIN CORNFLAKES	HONEY ALMOND	SPECIAL K	HONEY FLAKES	STRAWBERRY FLAKES	CHOCOS FILLS
CHOCOLATE HORLICKS	DRINKING CHOCOLATE	PLAIN HORLICKS	BOOST	BOURNVITA	CHOCOLATE HORLICKS
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
APPLE	MARSHMELON	PINEAPPLE	BANANA	WATERMELON	BANANA
STEAM CORN	MOONG DAL BHAJI	VADA PAV	BROWN BREAD CHEESE S/W		
BUTTER MILK		**BUTTER MILK**	**RAJASTHANI MENU**		**BUTTER MILK**
GREEN VATANA CURRY	**KADAI PANEER**	GOBI TAMATAR	**ALU PAN WADI**	**BHAJI**	CHOLE MASALA
MASALA DAL	**DAL MAKHANI**	DAL DRUMSTICK	**GATTA CURRY**	**PURI**	DAL TADKA
STEAM RICE	**JEERA RICE**	CORIANDER RICE	**PANCHAMEL KI SABZI**	**VEG PULAO**	CORIANDER RICE
CHAPATI	**LACHHA PARATHA**	PHULKA	**BATI/PHULKA**	**RAITA**	PHULKA
SHAHI TUKDA	**KALA JAMUN**	CUT FRUITS	**MASALA DAL**	**DAL TADKA/RICE**	BANANA SHEERA
STICK SALAD	**GREEN SALAD**	GREEN SALAD	**CHURMA LADOO**	**MANGO BARFI**	GREEN SALAD
			MASALA CHASS		
HAKKA NOODLES	**SWEET CORN SOUP**	SOYA CHILLI	**GREEN SALD**	**GRILLED VEG**	FRIED RICE
HOT N SOUR SOUP		FRIED RICE		**CREAM OF TOMATO SOUP**	MANCHOW SOUP
WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
KACHORI CHAT	PAPDI CHAAT	TADKA IDLI	POTATO CROQUETTES	AMERICAN CHOP SUEY	BHEL
TOMATO JUICE	FRUIT PUNCH	**COLD COFFEE**	**AWALA SHARBAT**	**CARROT JUICE**	LEMON TANG
GREEN SALAD	CORN TAMATAR SALAD	GREEN SALAD	CUCUMBER TADKA SALAD	GREEN SALAD	GREEN SALAD
MOONG DAL SHEPU	GHOSAVLA BHAJI	BHAVNAGRI MIRCH SALAN	CABBAGE FOOGATH	METHI MATAR MALAI	KOFTA CURRY
MASOOR MASALA	BLACK CHANA CURRY	GAVAR MASALA	FLOWER MATAR MASALA	DOUBLE BEE CURRY	CAPSICUM MASALA
JAIN DAL	DAL COCONUT	JAIN DAL	BUTTER DAL TADKA	DAL FRY	DAL PALAK
STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE
PHULKA	MISI ROTI	PHULKA	CHAPATI	PHULKA	CHAPATI
RICE KHEER	SWISS ROLL	FRUIT CUSTARD	CHCOLATE PASTRY	SEVAI KHEER	CHOCOLATE BROWNI

3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020	3/28/2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SAGO KHICHADI	**MISAL PAV**	BAKED BEANS	SANZA	KANDA POHA/RASSAM	MEDU WADA SAMBAR
STRAWBERRY FILLS	PLAIN CORNFLAKES	HONEY ALMOND	SPECIAL K	HONEY FLAKES	STRAWBERRY FLAKES
DRINKING CHOCOLATE	PLAIN HORLICKS	BOOST	BOURNVITA	CHOCOLATE HORLICKS	DRINKING CHOCOLATE
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
WATER MELON	APPLE	MARSHMELON	PINEAPPLE	BANANA	WATERMELON
MIX BHAJI	FRANKI		MINI BURGER	STEAM CORN	
BUTTER MILK	**BUTTERMILK**	**BUTTER MILK**	**BUTTER MILK**	**GUJARATI MENU**	
MASALA UTTAPAM	RAJMA CURRY	SAG BHAJI	MIX SPROUTE CURRY	**BUTTER MILK**	FRENCH BEANS MOONG DAL MASALA
DOSA BHAJI	DAL PANCHAM	BUTTER DAL TADKA	MASALA BHAAT	**PEANUT CHUTNEY**	DAL LASUNI
RED COCONUT CHUTNEY	STEAM RICE	STEAM RICE	AMTI	**LOBIYA CURRY**	PHODNI BHAAT
SAMBAR	PHULKA	CHAPATI	KOSHIMBIR	**BHENDI MASALA**	PHULKA
CURD RICE	MOTICHUR KA LADOO	SHREE KHAND	BAKRI/CHAPATI	**MOONG DAL KHICHADI**	BESAN BARFI
GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	**GUJRATI KADHI**	GREEN SALAD
DAL/RICE				**BHAJI**	
FRYUMS PAPAD	THAI CURRY	TOFU MUSHROOM RICE	DAL/RICE	**PHULKA**	VEG PIE
CUT FRUITS	HERB RICE	LEMON CORIANDER SOUP	PINEAPPLE SHEERA	**LAPSI**	CREAM OF MUSHROOM SOUP
				GREEN SALAD	
WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
VEG PIZZA	HARABHARA KABAB	SUBWAY S/W	DAL VADA	**FRNCH FRIES**	SAGOO KHICHADI
ORANGE TANG	**SWEET LASSI**	FRUIT PUNCH	MANGO TANG	ICE TEA	**SWEET LASSI**
		CHOWPATTY MENU			
THREE BEAN SALAD	MIX LETTUCE SALAD	**ALOO ANAR CHAAT**	GREEN SALAD	GREEN SALAD	CARROT TADKA SALAD
SEVGA PITHALA	PASTA N COCKTAIL SAUCE	**LIVE BHEL**	DUDHI MASALA	TINDA MASALA	GREEN TOMATO BHAJI
GREEN PEAS MASALA	TINDLI MASALA	**RAGDA PATTICE**	SEV BHAJI	GREEN MOONG CURRY	CHANA DAL KI SABZI
JAIN DAL	MASALA DAL	**S P D P**	JAIN DAL	DAL COCONUT	MASALA DAL
STEAM RICE	STEAM RICE	**FRIED PAPAD**	STEAM RICE	STEAM RICE	STEAM RICE
PHULKA	PHULKA	**TAVA PULAO/DAL/RICE**	PHULKA	CHAPATI	MISI ROTI
MAVA BARFI	STRWBERRY PHIRNI	**PASTRY**	BALU SHAHI	SAGO KHEER	LANGCHA

3/29/2020	3/30/2020	3/31/2020
SUNDAY	MONDAY	TUESDAY
ALOO PARATHA	BREAD CHIVDA	MULI THEPLA
VANILLA FILLS	STRAWBERRY FILLS	PLAIN CORNFLAKES
PLAIN HORLICKS	CHOCOLATE HORLICKS	DRINKING CHOCOLATE
B/B/JAM	B/B/JAM	B/B/JAM
HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
BANANA	MARSHMELON	APPLE
	SAMOSA	KHAMAN DHOKLA
BUTTER MILK	**BUTTER MILK**	**BUTTER MILK**
VEG BHUNA MASALA	STUFF BENGAN MASALA	SURTI WAL PAPDI BHAJI
JAIN DAL	DAL TADKA	GUJRATI DAL
STEAM RICE	STEAM RICE	STEAM RICE
PHULKA	CHAPATI	PHULKA
DRY FRUIT SHEERA	CHURMA LADOO	MALPUA
GREEN SALAD	CORN SALAD	MIX SPROUTS SALAD
STEAM MOMOS	SESAME GRILLED VEG	MANCHURIAN FRIED RICE
HOT GARLIC SOUP	SINGAPORE FRIED RICE	SINGAPORE FRIED RICE
WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG	WARAN BHAT/GHEE/VEG
CHINESE BHEL	ROTI WRAP	BHEL
LEMON TANG	MANGO TANG	**KOKAM SARBAT**
LAWN DINNER		
PASTA SALAD	GREEN SALAD	**RAITA**
CREAM OF TOMATO SOUP	MATKI CURRY	**KHADA BHAJI**
PANEER TIKKA MASALA	PADWAL CHANA	**PAV**
JEERA RICE	DAL TAMATAR	**SOYA BIRYANI**
BUTTER DAL TADKA	STEAM RICE	**DAL/RICE**
RUMALI ROTI	PHULKA	**FRIED PAPAD**
BROWNI	CUT FRUITS	**MAVA BARFI**

MIT PUNE'S

VISHWASHANTI GURUKUL

SINCE 2006

AN IB WORLD SCHOOL

IB CONTINUUM
CONTINUUM DE L'IB
CONTINUO DEL IB

Cambridge Assessment International Education

Cambridge International School

THANK YOU