

✿ SINCE 2006 ✿

MIT PUNE'S

VISHWASHANTI GURUKUL

AN IB WORLD SCHOOL



Cambridge International School

Refectory Menu | September 2019

REGULAR



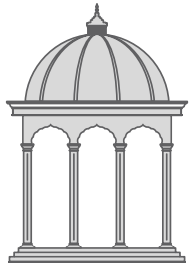
		9/1/2019	9/2/2019	9/3/2019	9/4/2019	9/5/2019
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WHOLESOME B/F	INDIAN B/F	Aloo Paratha Curd	Veg Upma	Idli Sambar	Kanda Poha	Masala Thepla
	CEREAL	Chocos	Honey Real Flakes	Strawberry Flakes	Special K	Honey Almond
	DRINKS	Boost	Plain Horlicks	Bournvita	Boost	Chocolate Horlicks
	ACCOMPANIMENTS	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam
	MILK	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk
		Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
	FRUIT	Banana	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
MID DAY			Veg Puff	Roti Rap	Steam Corn	Chocolate Doughnut
		Chass	Chass	Chass	Chass	Chass
LUNCH MENU	VEGETABLE	Veg Kolhapuri	Mirch Ka Chutney	Lobiya Curry	Stuff Bengan Masala	Chole Amritsari
	DAL/PULSES	Phodni Varan	Alu Pan Bhaji	Dal Triveni	Masala Bhat	Dal Tadka
	RICE PREPRATIONS	Steam Rice	Dosa Bhaji	Steam Rice	varan	Jeera Rice
	INDIAN BREAD	Chapati	Veg Pulao	Chapati	Phulka	Tava Paratha
	DESSERT/FRUITS	Rice Coconut Kheer	Masala Dal	Fruit Custard	Jilebi	Churma Ladu
	SALAD	Green Salad	Puri	Carrot Tadka Salad	Koshimbir	Green Salad
			Motichur Ladu			
	INDOCONTI MENU	Fried Rice	Fresh Garden Salad	Combination Fried Rice	Tofu Spinach Rice	Pasta Alfredo
	SOUPS/ACCOMPANIMENTS	Hot N Sour Soup	Chaas	Hot Garlic Soup	Cream Of Veg Soup	Sweet Corn Soup
KIDS MENU		Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg
EVENING SNACKS	SNACKS	Bhel	S.P.D.P	Ragda Pattis	Subway S/W	Maggi
	BEVERAGE	Lemon Tang	Mango Tang	Mocktail	Fruit Punch	Ice Tea
DINNER	SALAD	Raita	Green Salad	Beetroot Salad	Sproute Salad	Green Salad
	VEG 1	Khada Bhaji	Sev Bhaji	White Vatana Curry	Gavar Masala	Aloo Matar
	VEG 2	Pav	Gobi Tamatar	Green Tomato Chutney	Moong Curry	Cabbage Tamatar
	DAL	Soya Biryani	Jain Dal	Dal Fry	Dal Adraki	Butter Dal Tadka
	RICE	Dal/Rice	Steam Rice	Steam Rice	Steam Rice	Coriander Rice
	BREADS	Fried Papad	Phulka	Chulka	Chapati	Chapati
	SWEET/FRUITS	Dry Fruit Sheera	Coconut Barfi	Kala Jamun	Besan Barfi	Chocolate Pastry

9/6/2019	9/7/2019	9/8/2019	9/9/2019	9/10/2019	9/11/2019	9/12/2019
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Misal Pav	Sago Khichadi	Aloo Paratha/Curd	Sanza	Medu Vada Sambar	Sago Vada	Kanda Poha
Honey Real Flakes	Strawberry Flakes	Chocos	Honey Real Flakes	Strawberry Flakes	Special K	Honey Almond
Plain Horlicks	Bournvita	Boost	Plain Horlicks	Bournvita	Boost	Chocolate Horlicks
B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam
Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Banana	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Banana	Cut Fruits
Moong Dal Bhaji			Samosa	Khaman Dhokla	Steam Corn	Veg Calzone
Chass	Chass	Chass		Chass	Chass	Chass
Lasun Chutney	Masoor Masala	Veg Bhuna Masala	Butter Milk	Peanut Chutney	Veg Makhnwala	Fresh Chawali Beans Curry
Bhendi Karari	Dal Tadka	Dal Lasuni	Paneer Butter Masala	Matki Curry	Dal Fry	Moong Dal Chilka
Steam Rice	Steam Rice	Steam Rice	Dal Makhani	Sevga Pithala	Steam Rice	Steam Rice
Dal Triveni	Chapati	Phulka	Jeear Rice	Amti	Tava Paratha	Phulka
Phulka	Shreekhand	Pineapple Sheera	Tava Paratha	Masala Bhat	Shahi Tukda	Cut Fruits
Phirni	Corn Salad	Green Salad	Swiss Roll	Bhakri/Chapati	Green Salad	Sproute Salad
Stick Salad			Lachha Paratha	Koshimbir		
Sez Fried Rice	Pasta Marinara	Cheese Croquettes	Sesame Grilled Veg	Langcha	Fried Rice	Grilled Veg
Veg Manchow Soup	Cream Of Tomato Soup	Hot Garlic Soup			Noodle Soup	Tomato Shorba
Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg
Dal Vada	Chilli Idli	Chinese Bhel	Pizza	Kachi Dabeli	French Fries	American Chop Suey
Chocolate Milkshake	Orange Tang	Nibu Pani	Ice Tea	Mango Tang	Lemon Tang	Mocktail
Fresh Garden Salad	Stick Salad	Kimchi Salad	Chana Chaat	Russain Salad	Cucumber Tadka Salad	Raita
Gatta Curry	Padwal Chana	Hot N Sour Soup	Surti Val Papdi Bhaji	Tinda Masala	Moong Dal Shepu	Chole Masala
French Beans Masala	Rajma Curry	Sez Hakka Noodles	Sev Tamatar Bhaji	Green Peas Masala	Tomato Bhaji	Sweet corn soup
Masala Dal	Punjabi Kadhi	Fried Rice	Moong Dal Khichadi	Masala Dal	Jain Dal	Dal Tadka
Steam Rice	Khichadi	Soya Chilli	Kadhi	Lemon Coriander Rice	Steam Rice	Steam Rice
Phulka	Chapati	Dal/Rice	Phulka	Chapati	Phulka	Bhatura
Fruit Trafal	Sevai Kheer	Chocolate Pastry	Malai Barfi	Dry Fruit Sheera	Fruit Custard	Gajar Ka Halwa

9/13/2019	9/14/2019	9/15/2019	9/16/2019	9/17/2019	9/18/2019	9/19/2019
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Bread Chivda	Idli Sambar	Aloo Paratha/Curd	Veg Upma	Misal Pav	Methi Thepla	Aloo Bonda Chutney
Honey Real Flakes	Strawberry Flakes	Chocos	Honey Real Flakes	Strawberry Flakes	Special K	Honey Almond
Plain Horlicks	Bournvita	Boost	Plain Horlicks	Bournvita	Boost	Chocolate Horlicks
B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam
Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Cut Fruits	Cut Fruits	Cut Fruits	Banana	Cut Fruits	Cut Fruits	Cut Fruits
Mix Bhaji			Steam Corn	Moong Dal Bhaji	Veg Puff	Khaman Dhokla
	Chass	Chass		Chass	Chass	Chass
Butter Milk	Bengan Bharta	Double Bee Curry	Chaas	Gavar Masala	Bhendi Do Pyaza	Paneer Tikka Masala
Dum Aloo Punjabi	Phodni Varan	Dal Coconut	Kothimbir Vadi	Dal Coconut	Dal Makhani	Dal Makhani
Butter Dal Tadka	Steam Rice	Steam Rice	Undhiyu	Steam Rice	Steam Rice	Steam Rice
Jeera Rice	Chapati	Phulka	Lobiya Curry	Chapati	Phulka	Lachha Paratha
Moong Dal Sheera	Puran Poli	Banana Sheera	Gujarati Kadhi	Cut Fruits	Fruit Custard	Sevai Kheer
Green Salad	Green Salad	Cucumber Salad	Moong Dal Khichadi	Corn Salad	Green Salad	Tadka Salad
			Phulka			
Veg Manchurian	Hakka Noodles	Cream Of MushroomSoup	Stick Salad	Gobi 65	Tofu Mushroom	Singapore Fried Rice
Fried Rice	Hot N Sour Soup	Singapore Fried Rice	Malpua	Herbs Rice	Cream Of Veg Soup	Cream Of Tomato 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	Waran Bhat/Ghee/Veg
Papdi Chaat	Bombay S/W	Bhel	Maggi	Franki	Dahi Vada	Veg Pizza
Banana Milkshake	Fruit Punch	Kiwi Sharbat	Nibu Pani	Ice Tea	Mango Tang	Mocktail
Carrot Pachadi	Lachha Salad	Green Salad	Green Salad	Papad Salad	Mix Lettuce Salad	Green Salad
Methi Matar Malai	Cream Of Tomato Soup	Veg Bhuna Masala	Turai Masala	Masala Uttapam	Pasta N Cocktail Sauce	Capsicum Masala
Kofta Curry	Kadhai Paneer	Green Moong Curry	Aloo Rassa Bhaji	Red Coconut Chutney	Gobi Matar	White Vatana Curry
Dal Pancham	Dal Tadka	Masala Dal	Dal Tamatar	Sambar	Jain Dal	Butter Dal Tadka
Steam Rice	Jeera Rice	Steam Rice	Steam Rice	Veg Dum Biryani	Steam Rice	Phodni Bhat
Phulka	Tava Paratha	Phulka	Chapati	Raita	Phulka	Misi Roti
Besan Ladu	Rice Kheer	Chocolate Browni	Suji Mava Laddu	Dal Payasam	Balushahi	Kashi Halwa

9/20/2019	9/21/2019	9/22/2019	9/23/2019	9/24/2019	9/25/2019	9/26/2019
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Sevai Upma	Poha/Rassam	Aloo Paratha Curd	Kanchipuram Idli Sambar	Sanza	Uttapam Sambar	Sago Khichadi
Honey Real Flakes	Strawberry Flakes	Chocos	Honey Real Flakes	Strawberry Flakes	Special K	Honey Almond
Plain Horlicks	Bournvita	Boost	Plain Horlicks	Bournvita	Boost	Chocolate Horlicks
B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam
Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Cut Fruits	Banana	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Banana
Samosa			Veg Calzone	Steam Corn	Moong Dal Bhaji	Khaman Dhokla
Chass	Chass	Chass	Chass	Chass	Chass	Chass
Matki Curry	Chole Punjabi	Dudhi Masala	Aloo Bengan Masala	Rajma Curry	Kofta Curry	Bhaji
Varan	Dal Tadka	Masala Dal	Phodni Varan	Dal Drumstick	Dal Lasuni	Puri
Steam Rice	Jeera Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Dum Biryani
Phulka	Tava Paratha	Phulka	Chapati	Chapati	Phulka	Bundhi Raiata
Dry Fruit Sheera	Jilebi	Mango Coconut Barfi	Lapsi	Swiss Roll	Fruit Trafal	Tadka Dal
Green Salad	Lachha Salad	Green Salad	Green Salad	Raita	Green Salad	Steam Rice
						Pastry
Sez Fried Rice	Veg Pie	Cheese Croquettes	Veg Moussaka	Sesame Grilled Veg	Thai Curry	Onion/Lime
Manchow Soup	Sweet Corn Soup	Tadka Rice	Tomato Shorba	Hot Garlic Soup	Herbs Rice	
Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg
Dal Vada	Ragda Pattis	Subway S/W	Palak Bhaji	Roti Rap	Spring Roll	Chinese Bhel
Orange Tang	Cold Coffee	Lemon Tang	Fruit Punch	Mango Tang	Nibu Pani	Kiwi Sharbat
		Chowpatty Menu				
Fried Papad	Muli Tadka Salad	Cream Of Tomato Soup	Green Salad	Three Beans Salad	Green Salad	Alu Pan Bhaji
Bhaji	Kootu Curry	Live Bhel	Sev Bhaji	Palak Lasuni	Soya Masala	Bengan Bharta
Pav	Green Tomato Bhaji	S P D P	Padwal Masala	Drumstick Masala	Methi Chi Bhaji	Masala Dal
Veg Pulao	Khichadi	Burger	Butter Dal Tadka	Dal Coconut	Jain Dal	Steam Rice
Dal/Rice	Punjabi Kadhi	Veg Pulao/Raita	Steam Rice	Steam Rice	Steam Rice	Phulka
Bundhi Raita	Phulka	Dal/Rice	Phulka	Chapati	Chapati	Koshimbir
Chocolate Pastry	Gulab Jamun	Browni	Motichur Ladu	Strawberry Phirni	Churma Ladu	Pineapple Sheera

9/27/2019	9/28/2019	9/29/2019	9/30/2019
FRIDAY	SATURDAY	SUNDAY	MONDAY
Kanda Poha	Baked Beans	Aloo Paratha Curd	Masala Thepla
Honey Real Flakes	Strawberry Flakes	Chocos	Honey Real Flakes
Plain Horlicks	Bournvita	Boost	Plain Horlicks
B/B/Jam	B/B/Jam	B/B/Jam	B/B/Jam
Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk	Hot & Cold Milk
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Chocolate Doughnut			Vada Pav
Chass	Chass	Chass	Chass
Lasun Chutney	French Beans With Moong Dal	Moong Dal Ghosavla	Bhendi Nariyali
Panchamel Ki Sabzi	Dal Adraki	Dal Fry	Dal Triveni
Gatta Curry	Steam Rice	Jeera Rice	Steam Rice
Bati/Phulka	Chapati	Phulka	Phulka
Steam Rice	Malpua	Rice Coconut Kheer	Gajar Ka Halwa
Masala Dal	Stick Salad	Green Salad	Carrot Tadka Salad
Balushahi			
Green Salad	Grilled Veg	Steam Momos	Pasta Arrabiata
Chaas	Quesadilla	Tomato Salsa	Cream Of Veg Soup
Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg	Waran Bhat/Ghee/Veg
Corn Cutlet	Kachori	Kanda Bhaji	Papdi Chaat
Mocktail	Ice Tea	Banana Milkshake	Mango Tang
	Lawn Dinner		
Green Salad	Kimchi Salad	Green Salad	Sweet Corn Soup
Cabbage Foogath	Live Sez. Fried Rice	Gobi Tamatar	Paneer Butter Masala
Green Moong Curry	Hakka Noodles	Masoor Masala	Butter Dal Tadka
Dal Tamatar	Potato Chilli	Dal Tadka	Jeera Rice
Steam Rice	Steam Rice	Coriander Rice	Tava Paratha
Phulka	Masala Dal	Chapati	Green Salad/Honey Lemon Dressing
Mihidana	Raisin Muffins	Fruit Custard	Vanilla Pastry



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THANK YOU

