



✿ SINCE 2006 ✿

MIT PUNE'S

VISHWASHANTI GURUKUL

AN IB WORLD SCHOOL



Cambridge Assessment
International Education
Cambridge International School

Refectory Menu | 1st - 16th April 2022

REGULAR



	4/1/2022	4/2/2022	4/3/2022	4/4/2022
BREAKFAST	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>
INDIAN B/F	SANZA	POHA	ALOO/MIX VEG PARATHA	IDLI SAMBAR
B/B/JAM	BBJAM	BBJAM	BBJAM	B/B/JAM
CEREAL	PLAIN CORN FLAKES	HONEY FLAKES	CHOCOS	HONEY FLAKES
DRINKS	DRINKING CHOCOLATE/PEANUT BUTTER	BOURNVIT	PLAIN HORLIKS	HORLIKS/PEANUT BUTTER
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
FRUIT	ORANGE	PAPYA	WATERMELON	BANANA
MID DAY	MULTIGRAIN BARRITO			KHAMANDHOKLA
LUNCH	LEMON TANG	GUDI PADWA	BUTTERMILK	MASALA CHAAS
DRY VEG	BHAJI	BATATA BHAJI	SPROUTED CHANA MASALA	KADHAI PANEER
GRAVY VEG	PAV	MATKI CURRY	GOBI MATAR	DAL TADKA
DAL/PULSES	SOYA BIRYANI	PHODNI VARAN	DAL LASUNI	JEERA RICE
RICE PREPARATIONS	FRIED PAPAD	STEAM RICE	STEAM RICE	TAVA PARATHA
INDIAN BREAD	FRUIT CUSTARD	PURI	CHAPATI	GAJARKA HALWA
SWEET/FRUITS	PINEAPPLE RAITA	KANDA BHAJI	SHAHI TUKDA	SALAD BAR
SALAD	ONION/LIME/PICKLE	BASUNDI	STICKS SALAD	CREAM OF MUSHROOM SOUP
		KOSHIMBIR	ONION/LIME/PICKLE	FRIED PAPAD
EVENING SNACKS	KACHORI CHAAT	CHINESE BHEL	BHEL	MAGGI
DRINKS	MOCKTAIL	ORANGE TANG	ICE TEA	FRUIT PUNCH
DINNER				
GRAVY VEG	CHAWLI CURRY	PALAK LASUNI	GREEN MOONG CURRY	BHENDI DO PYAZA
DRY VEG	METHI MOONG	KOFTA CURRY	CABBAGE TAMATAR	WAL PAPDI BHAJI
DAL/PULSES	DAL DRUMSTICK	DAL FRY	DAL TAMATAR	DAL TAMATAR
RICE PREPARATIONS	CORIANDER RICE	CORIANDER RICE	BARISTA RICE	STEAM RICE
INDIAN BREAD	PHULKA	CHAPATI	PHULKA	PHULKA
SWEET/FRUITS	MOTICHURLADOO	KALA JAMUN	SWISS ROLL	DRY FRUIT SHEERA
SALAD	GREEN SALAD	BEE T ROOT SALAD	TANDOORI SALAD	STICKS SALAD

	4/5/2022	4/6/2022	4/7/2022	4/8/2022
BREAKFAST	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
INDIAN B/F	BREAD CHIVDA	MISAL PAV	METHI THEPLA	SAGO LKICHADI
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
CEREAL	HONEY ALMOND FLAKES	SPECIAL K	PLAIN CORNFLAKES	HONEY FLAKES
DRINKS	BOURNVIT	BOOST/PEANUT BUTTER	BOURNVITA	DRINKING CHO/PEANUT BUTTER
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
FRUIT	CHIKU	BANANA	APPLE	ORANGE
MID DAY	VEG CALZONE	CORN CHAAT	SAMOSA	MOONG DAL BHAJI
LUNCH	BUTTER MILK	KOKAM SHARBAT	MASALA CHAAS	
DRY VEG	CHOLE AMRITSARI	RAJMA CURRY	SWEET CORN SOUP	BUTTER MILK
GRAVY VEG	VEG MAKHANWALA	TURAI MASALA	UTTAPAM SAMBAR	LASUN CHUTNEY
DAL/PULSES	DAL TRIVENI	DAL PALAK	DOSA BHAJI/SAMBAR	GATTA CURRY
RICE PREPARATIONS	CORIANDER RICE	STEAM RICE	RED COCONUT CHUTNEY	SUBZ JAIPURI
INDIAN BREAD	PHULKA	CHAPATI	VEG BIRYANI	BATI/PHULKA
SWEET/FRUITS	SHREE KHAND	CUT FRUITS	RAITA/PAPAD SALAD	MASALA DAL
SALAD	GREEN SALAD	STICK SALAD	DAL PAYSAM	STEAM RICE
	ONION/LIME/PICKLE	ONION/LIME/PICKLE	ONION/LIME/PICKLE	CHURMA LADU
				GREEN SALAD
EVENING SNACKS	DAL VADA	FRENCH FRIES	PAPADI CHAAT	AMERICAN CHOP SUEY
DRINKS	FRESH ORANGE JUICE	NIBUPANI	COLD COFFEE	ORANGE TANG
DINNER				
GRAVY VEG	HOT N SOUR SOUP	MASOOR MASALA	DOUBLE BEANS CURRY	CREAM OF TOMATO SOUP
DRY VEG	MANCHURIAN DRY	SEV TAMATAR	FRESH CHAWALI MASALA	PASTA N COCKTAIL SAUCE
DAL/PULSES	HAKKA NOODLES	JAIN DAL	DAL LASUNI	VEG CROQUETTES
RICE PREPARATIONS	SEZ FRIED RICE	STEAM RICE	MASALA RICE	HERBS RICE
INDIAN BREAD	DAL/RICE	PHULKA	MISI ROTI	CHILLI GARLIC BREAD
SWEET/FRUITS	CHOCOLATE PASTRY	COCONUT LADOO	FRUIT CUSTARD	CHOCOLATE PASTRY
SALAD	KIMCHI SALAD	CARROT TADKA SALAD	GREEN SALAD	MIX LETTUCES SALAD

	4/9/2022	4/10/2022	4/11/2022	4/12/2022
BREAKFAST	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>
INDIAN B/F	MEDU VADA SAMBAR	ALOO/MIX VEG PARATHA	KANDA POHA	SAGO VADA
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
CEREAL	HONEY ALMOND FLAKES	CHOCOS	HONEY FLAKES	PLAIN CORNFLAKES
DRINKS	BOOST	BOURNVITA	HORLICKS	BOURNVITA/PEANUT BUTTER
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
FRUIT	PAPYA	WATERMELON	BANANA	CHIKU
MID DAY			CHCOLATE DOUGHNUT	CORN CHAAT
LUNCH	BUTTERMILK	MASALA CHAAS	BUTTERMILK	MATHA
DRY VEG	BENGAN BHARTA	MIX SPROUTS CURRY	TOMATO SHORBA	FRECH BEANS FOOGATH
GRAVY VEG	GREEN MOONG CURRY	CABBAGE FOOGATH	BHAJI	WHITE VATANA CURRY
DAL/PULSES	DAL PANCHAM	GHEE DAL TADKA	POORI	DAL ADRAKI
RICE PREPRATIONS	STEAMRICE	STEAMRICE	DUMBIRYANI	STEAMRICE
INDIAN BREAD	PHULKA/BHAKRI	TOMATO RICE	PINEAPPLE RAITA	CHAPATI
SWEET/FRUITS	BALUSHAHI	MOTICHUR LADU	FRUIT TRAFAL	MANGO PHIRNI
SALAD	CORN SALAD	GREEN SALAD	SALAD BAR	CUCUMBER TADKA SALAD
	ONION/LIME/PICKLE	HOT N SOUR SOUP	ONION/LIME/PICKLE	ONION/LIME/PICKLE
EVENING SNACKS	PIZZA	MIX BHAJI	SUBWAY S/W	MAGGI
DRINKS	MOCKTAIL	LITCHI SHARBAT	NIBU PANI	BANAN MILK SHAKE
DINNER			CHOWPATTY MENU	
GRAVY VEG	MUSHROOM HARAPYAZ	GREEN PEAS MASALA	ALOO ANAR CHAAT	SWEET CORN SOUP
DRY VEG	GAVAR MASALA	TURAI CHANA	PANI PURI	PANEER BUTTER MASALA
DAL/PULSES	DAL DRUMSTICK	DAL COCONUT	LIVE BHEL	DAL TADKA
RICE PREPRATIONS	JEERA RICE	TAVA PULAO	TAVA PULAO	JEERA RICE
INDIAN BREAD	PHULKA	PHULKA	DAL/RICE	TAVA PARATHA
SWEET/FRUITS	CUP CAKE	LAPSI	BROWNI	SWISS ROLL
SALAD	CUCUMBER TADKA SALAD	GREEN SALAD	PASTA SALAD	TANDOORI SALAD

	4/13/2022	4/14/2022	4/15/2022
BREAKFAST	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
INDIAN B/F	VEG UPMA	PALAK THEPLA	MISAL PAV
B/B/JAM	B/B/JAM	B/B/JAM	B/B/JAM
CEREAL	SPECIAL K	HONEY REAL FLAKES	HONEY FLAKES
DRINKS	DRINKING CHOCOLATE	BOOST/PEANUT BUTTER	PLAIN HORLICKS
MILK	HOT AND COLD MILK	HOT AND COLD MILK	HOT AND COLD MILK
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
FRUIT	BANANA	APPLE	BANANA
MID DAY	MULTIGRAIN BARRITO		MOONG DAL BHAJI
LUNCH			MASALA CHAAS
DRY VEG	SHAK BHAJI	BUTTER MILK	STUFF BENGAN MASALA
GRAVY VEG	SOYA MASALA DRY	KOTHIMBIR VADI	MASOOR MASALA
DAL/PULSES	MASALA DAL	UNDHIYU	DAL PALAK
RICE PREPRATIONS	STEAM RICE	LOBIYA CURRY	STEAM RICE
INDIAN BREAD	PHULKA	GUJRATI KADHI	CHAPATI
SWEET/FRUITS	MOONG DAL SHEERA	KHICHADI	FRUIT CUSTARD
SALAD	VEG RAITA	PHULKA	GREEN SALAD
	ONION/LIME/PICKLE	CHURMA LADU	ONION/LIME/PICKLE
		FRIED PAPAD/GREEN SALAD	
EVENING SNACKS	KACHI DABELI	DAHI VADA	SPROUTS BHEL
DRINKS	KOKAM SHARBAT	ORANGE TANG	MIX FRUIT JUICE
DINNER			
GRAVY VEG	CAPSICUM MASALA	ALOO CHOKHA	BHENDI KARARI
DRY VEG	FARSAN BHAJI	CAULIFLOWER MATAR	MOONG DAL GHOSAVLA
DAL/PULSES	MAA KI DAL	GHEE DAL TADKA	KHATHI MITHI DAL
RICE PREPRATIONS	ONION PULAO	STEAM RICE	CORIANDER RICE
INDIAN BREAD	CHAPATI	CHAPATI	PHULKA
SWEET/FRUITS	KHAJUR RABZI	KALA JAMUN	CHOCOLATE COCONUT BARFI
SALAD	CHANA CHAAT	GRILLED VEG	ITALIAN SALAD