



MIT PUNE'S
**VISHWASHANTI
GURUKUL**

SINCE 2006

AN IB WORLD SCHOOL



Refectory Menu

8th to 14th August 2022

REGULAR



Monday

BREAKFAST	08-08-2022	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	POHA RASSAM	
CONTINENTAL	FRENCH CHEESE TOAST	
B/B/JAM	BROWN BREAD, PEANUT BTR, JAM	
CEREAL	CORN FLAKES	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATER MELON	
SNACKS PYP/EYP	CHEESE S/W	
SNACKS MYP/DP	ALOO BONDA CHUTNEY	
DRINKS	ORANGE TANG	
LUNCH	SOUTH INDIAN	
PULSES	SAMBAR	
GRAVY	KERALA VEG STEW	
DRY	CABBAGE FOGATH	
BREAD	UTTAPAM	
APC	RED COCONUT CHUTNEY	
RICE	TAMRIND RICE/STEAM RICE	
DRINKS	SOLKADHI	
CURD RECIPE	PINEAPPLE RAITA	
SALAD 3 TYPES	GREEN SALAD, RUSSIAN SALAD, TADKA SALAD	
DESSERTS	DAL PAYSAM	
SNACKS	KACHHI DABELI	
DRINKS	NIMBU PANI	
DINNER	NORTH INDIAN	
SOUP	MAKAI KA SHORBA	
PULSES	DAL ADRAKI	
GRAVY	PANEER TIKKA MASALA	
DRY VEG	BHENDI DO PYAZA	
ASIAN	SOYA CHILLI	
STAPLE	VEG COMBINATION RICE	
RICE	STEAM RICE	
BREAD	NAAN /PHULKA	
DESSERT	BROWNIE	
SALAD	GREEN SALAD, CHANA CHAT	
APC	PAPAD /PICKLE	
	ONION,LIME	

Tuesday

BREAKFAST	09-08-2022	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	POORI BHAJI	
CONTINENTAL	BESAN TAWA TOAST	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	CHOCOS	
DRINK	BOOST	
MILK	MILK HOT/COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	CUT FRUIT	
SNACKS PYP/EYP	FRUIT	
SNACKS MYP/DP	VEG PUFF	
DRINKS	MANGO TANG	
LUNCH	NORTH INDIA	
PULSES	DAL FRY	
GRAVY	PANEER MUTTER MASALA	
DRY	MUSHROOM CORN CAPSICUM MASALA	
BREAD	NAAN/ CHAPATI	
APC	-----	
RICE	BARISTA PULAV/STREAM RICE	
DRINKS	ORANGE TANG	
CURD RECIPE	BURANI RAITA	
SALAD 3 TYPES	GREEN SALAD, FRUIT SALAD, BEAN SALAD	
DESSERTS	SHAHI TUKDA	
SNACKS	KACHORI CHAT	
DRINKS	ICE TEA	
DINNER	MIX N MATCH	
SOUP	CREAM OF BROCOLLI	
PULSES	DAL LASOONI	
GRAVY	MALAI KOFTA CURRY	
DRY VEG	GOBI ADRAKI	
ASIAN	SHEZWAN NOODLES	
STAPLE	PASTA MED VEG	
RICE	HERB RICE/STEAM RICE	
BREAD	CHAPATI /GHEE CHAPATI	
DESSERT	PINEAPPLE PASTRY	
SALAD	GREEN SALAD, PAPAD SALAD, SPROUT SALAD	
APC	SCHZWAN CHUTNEY	
	ONION, LIME	

Wednesday

BREAKFAST	10-08-2022	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN	
INDIAN	IDLI SAMBAR	
CONTINENTAL	B/B/JAM	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	STR. FLAKES	
DRINK	DRINKING CHOC.	
MILK	MILK HOT/COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
SNACKS PYP/EYP	MUFFINS	
SNACKS MYP/DP	CHILLI BEAN ROLL	
DRINKS	FRUIT PUNCH	
LUNCH	GUJARATI	
PULSES	KADHI PAKODI	
GRAVY	BATATA NU SAK	
DRY	METHI MOONG KI SABJI	
BREAD	THEPLA/GHEE PHULKA	
APC	PAPAD/GARLIC CHUTNEY	
RICE	MOONG DAL KHICHADI	
DRINKS	CHAAS	
CURD RECIPE	KAKDI NU RAITA	
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD, BEET ROOT SALAD	
DESSERTS	SWEET KHANDAVI	
SNACKS	MASALA ROTI WRAP	
DRINKS	ORANGE TANG	
DINNER	CHOWPATI	
SOUP	HOT AND SOUR SOUP	
PULSES	DAL FRY	
GRAVY	PANI POORI	
DRY VEG	BHEL	
ASIAN	GOBI 65	
STAPLE	VEG FRIED RICE	
RICE	STEAM RICE	
BREAD	KACHHI DABELI	
DESSERT	FRUIT TRIFLE	
SALAD	CUCUMBER SALAD, PAPADI SALAD, MIX VEG SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	

Thursday

BREAKFAST	11-08-2022
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN
INDIAN	SAGO WADA
CONTINENTAL	TANDOORI MAYO S/W
B/B/JAM	BREAD, BUTTER, JAM
CEREAL	
DRINK	HORLICKS
MILK	MILK HOT/COLD
TEA/COFFEE	TEA, COFFEE
	BLACK TEA
FRUITS	PAPAYA
SNACKS PYP/EYP	FRUIT CAKE
SNACKS MYP/DP	WADA PAV
DRINKS	WATERMELON JUICE
LUNCH	MAHARASHTRIAN
PULSES	AMTI
GRAVY	BHARLI WANGI
DRY	GAWAR COCONUT SABJI
BREAD	CHAPATI/PHULKA
APC	SABUDANA PAPAD
RICE	MASALE BHAT/PLAIN RICE
DRINKS	MATTHA
CURD RECIPE	KOSHIMBIR
SALAD 3 TYPES	GREEN SALAD, SPROUTED MOONG SALAD, KACHUMBER SALAD
DESSERTS	SEVAI KHEER
SNACKS	MAGGI
DRINKS	LEMON TANG
DINNER	NORTH INDIAN
SOUP	WANTON SOUP
PULSES	DAL MAKHANI
GRAVY	PALAK PANEER
DRY VEG	JEERA ALOO
ASIAN	HAKKA NOODLES
STAPLE	TOSSED VEGETABLES IN SCZ SAUCE
RICE	JEERA RICE
BREAD	BUTTER ROTI/PHULKA
DESSERT	ANGOOR RABDI
SALAD	LACHHA SALAD, KAKADI SALAD, RIBBON SALAD
APC	SCHZWAN CHUTNEY
	ONION/LIME



Friday

BREAKFAST	12-08-2022	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN BLACK	
INDIAN	MISAL PAV	
CONTINENTAL	GRILLED S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	CHOCOS	
DRINK	BOOST	
MILK	MILK HOT/COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	SWEET LIME	
SNACKS PYP/EYP	CORN CHAT	
SNACKS MYP/DP	CORN CHAT	
DRINKS	LEMON TANG	
LUNCH	RAJASTHANI	
PULSES	RAJASHTHANI KADHI	
GRAVY	GATTA CURRY	
DRY	KARARI BHENDI	
BREAD	MASALA CHAPATI/CHAPATI	
APC	PAPAD	
RICE	RICE	
DRINKS	TANG	
CURD RECIPE	MIX RAITA	
SALAD 3 TYPES	GREEN SALAD, ALOO ANAR CHAT, PASTA SALAD	
DESSERTS	CHORMA LADOO	
SNACKS	PAPADI CHAT	
DRINKS	COLD COFFEE	
DINNER	GUJRATHI	
SOUP	VEG SOUP	
PULSES	KADHI	
GRAVY	LAUKI SABJI	
DRY VEG	KOBI BATATA NU SAK	
ASIAN	VEG STROGONOFF	
STAPLE	CRISPY CHICKPEA IN SCZ SAUCE	
RICE	MOONG DAL KHICHADI	
BREAD	THEPLA/GHEE CHAPATI	
DESSERT	BESAN KA LADOO	
SALAD	GREEN SALAD, BEANS SALAD, KACHUMBER SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	

Saturday

BREAKFAST	13-08-2022	
DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN BLACK	
INDIAN	UTTAPAM SAMBAR	
CONTINENTAL	VEG S/W	
B/B/JAM	BROWN. BREAD, BUTTER, JAM.	
CEREAL	HONEY ALMOND FLAKES	
DRINK	BOURNVITA/TOM KETCHUP	
MILK	MILK HOT/COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
		
SNACKS PYP/EYP		
SNACKS MYP/DP	VEG FRANKIES(WHEAT)	
DRINKS	CHASS	
LUNCH	NORTH INDIAN	
PULSES	RAJMA DAL	
GRAVY	PANEER DO PYAZA	
DRY	MUSHROOM MUTTER MASALA	
BREAD	TANDOORI ROTI/CHAPATI	
APC	PAPAD	
RICE	JEERA RICE	
DRINKS	LEMON TANG	
CURD RECIPE	BOONDI RAITA	
SALAD 3 TYPES	GREEN SALAD, CEASER SALAD, CUBE SALAD	
DESSERTS	GULABJAMUN	
		
SNACKS	SAMOSA	
DRINKS	MANGO TANG	
DINNER	MIX N MATCH	
SOUP	MUSHROOM SOUP	
PULSES	DAL TRIVENI	
GRAVY	DUM ALOO	
DRY VEG	TAWA VEG	
ASIAN	POTATO WAGES WITH CHILLI SAUCE	
STAPLE	PASTA WITH TOMATO SAUCE	
RICE	JEERA RICE/STEAM RICE	
BREAD	CHAPATI/GHEE CHAPATI	
DESSERT	CHOCO LAVA MUFFINS	
SALAD	GREEN SALAD, PASTA SALAD, BEET ROOT SALAD	
APC	PAPAD/PICKLE	
	ONION, LIME	

Sunday

BREAKFAST	14-08-2022	
DRY FRUITS AND NUTS	SOAKED ALMOND, APRICOT, RAISIN BLACK	
INDIAN	ALOO PARATHA	
CONTINENTAL	B/B/JAM	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL		
DRINK	HORLICKS	
MILK	MILK HOT/COLD	
TEA/COFFEE	TEA, COFFEE	
	MUSELI	
FRUITS	MUSK MELON	
		
SNACKS PYP/EYP		
SNACKS MYP/DP	DHOKLA	
DRINKS	LEMON JUICE	
LUNCH	SPECIAL	
PULSES	DAL TADKA	
GRAVY	MATKI USAL	
DRY	GREEN PEAS MUSHROOM CURRY	
BREAD	MASALA POORI	
APC	MIX BHAJI	
RICE	VEG BIRYANI/STEAM RICE	
DRINKS	MOCKTAIL	
CURD RECIPE	BOONDI RAITA	
SALAD 3 TYPES	GREEN SALAD, RADISH SALAD, CARROT PACHADI	
DESSERTS	FRUIT CUSTARD	
SNACKS	BHEL	
DRINKS	ICE TEA	
DINNER	MAHARASHTRIAN	
SOUP	TOMATO SAR	
PULSES	TADKA WARAN	
GRAVY	MIX SPROUT USAL	
DRY VEG	BATATA SUKKI SABJI	
ASIAN	SEASEMI BREAD STICKS	
STAPLE	SAUTE VEG	
RICE	TADKA RICE/PLAIN RICE	
BREAD	CHAPATI/PHULKA	
DESSERT	DRY FRUIT SHEERA	
SALAD	GREEN GREEN SALAD, SPROUT SALAD, LETTUCE SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	ONION, LIME	