

VISHWASHANTI  
GURUKUL  
WORLD SCHOOL



# Refectory Menu

15<sup>th</sup> to 21<sup>st</sup> April 2024

REGULAR



# Monday

BREAKFAST	15-04-2024
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN
INDIAN	POORI BHAJI
CONTINENTAL	CHEESE GRILLED S/W
B/B/JAM	BROWN BREAD, PEANUT BTR, JAM
CEREAL	HONEY FLAKES
DRINK	BOOST
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE
	BLACK TEA
FRUITS	APPLE
SNACKS EYP	CUT FRUIT
SNACKS	KACHORI CHUTNEY
DRINKS	CHAAS
LUNCH	<b>LUNCH</b>
PULSES	BLACK MASOOR WHOLE
GRAVY	SOYA CHAP MAKHANI
DRY	MUSHROOM MASALA
BREAD	CHAPATI/SPINACH INFUSED CHAPATI
APC	LIZZAT PAPAD
RICE	STEAM RICE /CORIANDER RICE
DRINKS	AAM RAS
CURD RECIPE	PLAIN CURD
SALAD 3 TYPES	RUSSIAN SALAD, CHICKPEA SALAD, GREEN SALAD
DESSERTS	CHOCOLATE ICE CREAM
SNACKS	MAGGI
DRINKS	FRUIT PUNCH
DINNER	<b>DINNER</b>
SOUP	WONTAN SOUP
PULSES	DAL ADRAKI
GRAVY	PANEER LABABDAR
DRY VEG	MIX VEGETABLE
ASIAN	GREEN THAI CURRY
STAPLE	PASTA WHITE SOS
RICE	STEAM RICE/COMBINATION RICE
BREAD	GARLIC NAAN /PHULKA
DESSERT	GULAB JAMUN
SALAD	GREEN SALAD, MACRONI SALAD, LACHA ONION
APC	FRIED GREEN CHILLI, ONION, LIME



# Tuesday

BREAKFAST	16-04-2024	
DRY FRUITS AND NUTS	RAISIN, APRICOT, ALMOND	
INDIAN	ALOO BONDA CHUTNEY	
CONTINENTAL	VEG CHEESE SLICE CLUB S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	CHOCOS	
DRINK	DRINKING CHOCOLATE	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	GREEN GRAPES	
SNACKS PYP/EYP	IDLI CHUTNEY	
SNACKS MYP/DP	SCHEZWAN IDLI CHUTNEY	
DRINKS	FRESH ORANGE JUICE	
LUNCH	<b>LUNCH</b>	
PULSES	YELLOW CHANA DAL	
GRAVY	SOYA CURRY	
DRY	METHI MOONG	
BREAD	CHAPATI/PHULKA	
APC	HANDWA/THECHA	
RICE	STEAM RICE/VEG DUM BIRYANI	
DRINKS	MOCKTAIL	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	SPROUT SALAD, BEETROOT SALAD, GREEN SALAD	
DESSERTS	ORANGE DELIGHT PASTRY	
SNACKS	SHEV PURI DAHI PAPDI	
DRINKS	ICE TEA	
DINNER	<b>DINNER</b>	
SOUP	VEG LUNG FUNG SOUP	
PULSES	TAKDA WARAN	
GRAVY	DUM ALOO KASHMIRI	
DRY VEG	LAUKI MASALA DRY	
ASIAN	BURNT GARLIC NOODLE	
STAPLE	VEG MANCHURIAN GRAVY	
RICE	SCHEZWAN RICE/STEAM RICE	
BREAD	TAWA PARANTHA /PHULKA	
DESSERT	WALNUT BROWNIE	
SALAD	GREEN SALAD, KOSHIMBIR, MOOLI SALAD	
APC	BATATA CHIWADA	
	ONION/LIME	

# Wednesday

BREAKFAST	17-04-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	SAGO WADA	
CONTINENTAL	BOMBAY S/W	
B/B/JAM	BREAD, BUTTER, JAM	
CEREAL	STRAWBERRY FLAKES	
DRINK	BOURNVITA	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	BANANA	
SNACKS PYP/EYP	MINI MIX SPINACH INFUSED ALOO PARANTHA	
SNACKS MYP/DP	SAMOSA	
DRINKS	FRESH SWEET LIME JUICE	
LUNCH	LUNCH	
PULSES	DAL MAKHANI	
GRAVY	PANEER BUTTER MASALA	
DRY	VEG JALFREZI	
BREAD	BUTTER NAAN/PHULKA	
APC	FRYUMS	
RICE	STEAM RICE/NAVRATAN PULAO	
DRINKS	CHAAS	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	FRUIT SALAD, LETTUCE SALAD, GREEN SALAD	
DESSERTS	MOTICHOOR LADOO	
SNACKS	MATKI BHEL	
DRINKS	CHOCOLATE MILKSHAKE	
DINNER	DINNER	
SOUP	CORN SOUP	
PULSES	DAL FRY	
GRAVY	MALAI KOFTA CURRY	
DRY VEG	MATAR MUSHROOM	
ASIAN	POTATO WEDGES	
STAPLE	CHEESE CORN BALL	
RICE	JEERA RICE/STEAM RICE	
BREAD	MISSI ROTI/PHULKA	
DESSERT	FRUIT CUSTARD	
SALAD	GREEN SALAD, KACHUMBER SALAD, RED CABBAGE	
APC	SCHEZWAN SAUCE	
	ONION/LIME	




# Thursday

BREAKFAST	18-04-2024		
DRY FRUITS AND NUTS	RAISIN, APRICOT, ALMOND		
INDIAN	IDLI SAMBAR		
CONTINENTAL	VEG S/W		
B/B/JAM	BREAD, BUTTER, JAM		
CEREAL	CHOCOS		
DRINK	DRINKING CHOCOLATE		
MILK	MILK HOT & COLD		
TEA/COFFEE	TEA, COFFEE		
	BLACK TEA		
FRUITS	PAPAYA		
			
SNACKS PYP/EYP	FRENCH FRIES		
SNACKS MYP/DP	VADA PAV		
DRINKS	FRESH P/A JUICE		
LUNCH	<b>LUNCH</b>		
PULSES	CHICKPEA CURRY		
GRAVY	VEG KEBAB CURRY		
DRY	TURAI CHANA MASALA		
BREAD	SPIANCH, BEETROOT POORI/PHULKA		
APC	PAPAD/THECHA		
RICE	JEERA RICE/STEAM RICE		
DRINKS	CHAAS		
CURD RECIPE	PLAIN CURD		
SALAD 3 TYPES	GREEN SALAD, MACRONI SALAD, PROTEIN SALAD		
DESSERTS	SEWAI KHEER		
			
SNACKS	HARA BHARA KEBAB		
DRINKS	KAIRI PANHA		
DINNER	<b>DINNER</b>		
SOUP	HOT AND SOUR SOUP		
PULSES	DAL TRIVENI		
GRAVY	FARSAN BHAJI		
DRY VEG	CHILLI TOFU DRY		
ASIAN	PASTA IN CANCESE SAUCE		
STAPLE	VEG QUESADILLA		
RICE	VEG PULAV/STEAM RICE		
BREAD	CHAPATI/PHULKA		
DESSERT	COFFEE MOCA PESTRY		
SALAD	GREEN SALAD, COLESLOW SALAD, BEET ROOT SALAD		
APC	PAPAD, ONION/LIME		

# Friday

BREAKFAST	19-04-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	PANEER PARANTHA/TOMATO CHUTNEY	
CONTINENTAL	COLESLAW S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BTR	
CEREAL	HONEY ALMOND FLAKES	
DRINK	CHOCOLATE HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	PINEAPPLE	
SNACKS PYP/EYP	VEG S/W	
SNACKS MYP/DP	MULTIGRAIN FRANKIES	
DRINKS	BANANA SHAKE	
LUNCH	LUNCH	
PULSES	RAJMA CURRY	
GRAVY	MIX VEGETABLE	
DRY	ALOO BHUJIYA	
BREAD	CHAPATI/GHEE CHAPATI	
APC	BHAV NAGRI MIRCH	
RICE	JEERA RICE/STEAM RICE	
DRINKS	KIWI JUICE	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	VINEGOR ONION, GREEN SALAD, MOOLI PACHADI	
DESSERTS	BESAN BURFI	
SNACKS	VEG PIZZA	
DRINKS	LYCHEE JUICE	
DINNER	DINNER	
SOUP	MANCHOW SOUP	
PULSES	MIX DAL FRY	
GRAVY	NAVRATAN KORMA	
DRY VEG	ALOO GOBHI DRY	
ASIAN	CRISPY CHICK PEA IN SAUCE	
STAPLE	CHILLI PASTA	
RICE	STEAM RICE/VEG BIRYANI	
BREAD	CHAPATI/ PHULKA	
DESSERT	BALUSHAI	
SALAD	GREEN SALAD, CHANA CHAT	
APC	PAPAD /PICKLE, ONION/LIME	

# Saturday

BREAKFAST	20-04-2024	
DRY FRUITS AND NUTS	RAISIN, APRICOT, ALMOND	
INDIAN	GREEN PEAS POHA/SAMPLE	
CONTINENTAL	CHUTNEY S/W	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM, BT	
CEREAL	MUESLI	
DRINK	CHOCOLATE HORLICKS	
MILK	MILK HOT & COLD	
TEA/COFFEE	TEA, COFFEE	
	BLACK TEA	
FRUITS	WATERMELON	
SNACKS EYP		
SNACKS	CORN CHAT	
DRINKS	ORNAGE TANG	
LUNCH	LUNCH	
PULSES	SAMBAR	
GRAVY	DAL FRY	
DRY	ONION TOMATO UTTPAM	
BREAD	CHAPATI / MEDU WADA	
APC	GOLI BHAJI	
RICE	TAMARIND RICE/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	KACHUMBAR SALAD, GREEN SALAD, PASTA SALAD	
DESSERTS	RASMALAI	
SNACKS	CHOPSUEY WITH HOT GARLIC SOS	
DRINKS	MILK BADAM	
DINNER	DINNER	
SOUP	VEG SOUP	
PULSES	DAL FRY	
GRAVY	PANI POORI	
DRY VEG	BHEL	
ASIAN	GOBI 65	
STAPLE	VEG CHOWMEIN	
RICE	STEAM RICE/SCHEZWAN RICE	
BREAD	CHAPATI/PHULKA	
DESSERT	FRUIT TRIFLE	
SALAD	CUCUMBER SALAD, PAPADI SALAD, MIX VEG SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	
	SCHEZWAN SAUCE	

# Sunday

BREAKFAST	21-04-2024	
DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN	
INDIAN	ALOO PARANTHA/TOMATO CHUTNEY	
CONTINENTAL	BUTTER BADAM COOKIES	
B/B/JAM	MULTG. BREAD, MILK BREAD, JAM	
CEREAL	SPECIAL K	
DRINK	MILK HOT & COLD	
MILK	TEA, COFFEE	
TEA/COFFEE	BLACK TEA	
	MUSK MELON	
FRUITS		
SNACKS EYP		
SNACKS	BREAD PATTICE	
DRINKS	FRESH LEMON WATER	
LUNCH	<b>LUNCH</b>	
PULSES	MATKI USAL	
GRAVY	KOBI BATATA RASSA BHAJI	
DRY	PAV BHAJI	
BREAD	CHAPATI/BHAKRI	
APC	PAPAD/THECHA	
RICE	PHODNI BHAT/STEAM RICE	
DRINKS	CHAAS	
CURD RECIPE	PLAIN CURD	
SALAD 3 TYPES	GREEN SALAD, SPROUTED CHANA SALAD	
DESSERTS	POORANPOLI	
SNACKS	FRENCH FRIES	
DRINKS	COLD COFFEE	
DINNER	<b>DINNER</b>	
SOUP	TOMATO SAR	
PULSES	TADKA WARAN	
GRAVY	VEG MAKAHNWALA	
DRY VEG	BHINDI MASALA	
ASIAN	VEG AUGRATIN	
STAPLE	CHILLI PANEER DRY	
RICE	TADKA RICE/PLAIN RICE	
BREAD	CHAPATI/PHULKA	
DESSERT	CHOCOLATE DOUGHNUT	
SALAD	GREEN SALAD, SPROUT SALAD, LETTUCE SALAD	
APC	FRIED GREEN CHILLI, ONION, LIME	