

Pragyan School Food Menu
For the Month of March 2020

First and Third Week

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Missi Poori Aloo Sabzi Namkeen Lassi	Kathi Roll Green chutney Nimbu Paani	Vegetable Poha Green Chutney Milk Porridge	Aloo /Gobhi Stuffed Parantha Curd Tomato chutney	Pongal Grilled Vegetable Sandwich Chocolate Milk
Lunch	Rajma Rice Green Salad Orange	Lauki Chana Dal Aloo Capsicum Chapati Sewaiyan Kheer	Kadhi Rice Kashmiri Baigan Chapati Corn Salad Guava / Banana	Black Masoor Dal Aloo methi Chapati Rice Chic pea Salad	Shahi Paneer Seasonal Vegetable Chapati Green salad Apple/Papaya

Second and Fourth Week

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Vegetable Idli Sambhar Chutney Juice	Kala Chana Paratha Cucumber Raita	Vermicille Tomato Chutney Milk Cornflakes	Pav Bhaji Nimbu paani	Vegetable Dalia Spinach corn Sandwich Green Chutney
Lunch	Arhar Dal Rice Aalo Gobhi matar Chapati Fruit Custard	Green Moong Palak Dal Pumpkin subzi Chapati Besan Burfi	Chole bhature Mint raita Grapes/Orange	Vegetable Biryani Curd Pasta Salad Balu Shahi	Dal Makhani Mixed Vegetable Rice Chapati Green Salad Banana