

RBH SCHOOL, MIRAROAD
APRIL MENU 2018

MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
CHAPATI	CHAPATI	CHAPATI	ROTI	RAGI POORI
KAIRI DAL	STEAMED RICE	GHEE RICE	CORRIANDER RICE	VEG TEHERI
ZEERA RICE	ROASTED MUNG DAL	ARHAR WITH DRUMSTICKS	CARROT DAL	BOONDI RAITA
BHARWA KARELA		METHI KI BHAJI	CAULIFLOWER PEAS STIRFRY	MATAR PANEER
SALAD	FRENCH BEANS PORIYAL	SPROUTS SALAD		FRUIT CUSTARD
PAPAD	SALAD	BUTTERMILK	BUTTERMILK	
	BUTTERMILK		SALAD	

MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
BAJRA ROTI	CHAPATI	ROTI	BHAKRI	VEG AND PANEER STUFF PARATHA
DAL MAKHNI	STEAMED RICE	GHEE RICE	KHICHDI	GRATED CARROT SALAD WITH LIME
ZEERA RICE	PANCH RATAN DAL	DAL TADKA	GUJRATI KADHI	VEG BIRYANI
PALAK ALOO		MULI KA KOFTA	BAIGAN KA BHARTA	CUCUMBER RAITA
BUTTERMILK	BHINDI DO PYAZA	KACHUMBER SALAD		ROSE GULKAND LA SSI
SALAD	SALAD	PAPAD	SALAD	
	BUTTERMILK		PAPAD	

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
CHAPATI	CHAPATI	PARATHA	CHAPATI	PUDINA POORI
GHEE RICE	VEG KHICHADI	ZEERA RICE	CORRIANDER RICE	DUM ALOO
TOMA TO DAL	GUJRATI KADHI	TREVTI DAL	PALAK DAL FRY	TAWA RICE
	METHI ALOO DRY	BROCCOLI PANEER TIKKA	CABBAGE KOFTA	ONION RAITA
STUFF CAPSICUM				KACHUMBER SALAD
SALAD	SALAD	BUTTERMILK	SALAD	AAMRAS
BUTTERMILK	BUTTERMILK	CORN SALAD	DUDHI RAITA	

MONDAY 23
CHAPATI
STEAMED RICE
CHANA DAL WITH TORAI
PINDI CHANA
SALAD
BUTTERMILK