

RBH SCHOOL, MIRAROAD
JANUARY MENU 2018

THURSDAY 04	FRIDAY 05
CHAPATI	MAKKI ROTI
PEAS RICE	ZEERA RICE
SURATI DAL	WHOLE MUNG TADKA
	SARSON KA SAAG
STUFF TOMATO	PANEER TIKKA
SALAD	SALAD
POTATO RAITA	GAJAR KA HALWA

MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
CHAPATI	CHAPATI	CHAPATI	ROTI	MISSI ROTI
CORN RICE	STEAMED RICE	KHICHADI	ZEERA RICE	VEG BIRYANI
DAL FRY	WHOLE MASUR DAL	PLAIN KADHI	ARHAR DAL WITH TOMATO	BOONDI RAITA
		BAIGAN TAMATAR BHARTA	FRENCH BEANS PORIYAL	MATAR PANEER
METHI MATAR MALAI	TENDLI BHAJI	SALAD		MUNG DAL HALWA
SALAD	SALAD	PAPAD	BUTTERMILK	
BUTTERMILK	BUTTERMILK		SALAD	

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
CHAPATI	CHAPATI	CHAPATI	RICE BHAKRI	SOYA KEEMA STUFF PARATHA
CORRIANDER RICE	STEAMED RICE	ZEERA RICE	KHICHDI	SPROUT SALAD
PALAK DAL FRY	MUNG DAL TADKA	MASALA DAL	GUJRATI KADHI	VEG TEHRI
DUDHI KOFTA		CAPSICUM POTATO VEG	DUDHI CHANA VEG	VEG RAITA
	PATRA BHAJI			FRUITY CUSTARD
SALAD	SALAD	KACHUMBER SALAD	CARROT SALAD	
BUTTERMILK	BUTTERMILK	BUTTERMILK	PAPAD	

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
CHAPATI	CHAPATI	METHI PARATHA	GREEN MATAR KACHORI	
RICE	STEAMED RICE	ZEERA RICE	DUM ALOO	
TOMATO SAR	KHATTI MEETHI DAL	TREVTI DAL	VEG BIRYANI	
KARARI BHINI		PANEER BUTTER MASALA	GARLIC ONION RAITA	
SHEPU AND MUNG BHAJI	BARWA KARELA			
SALAD	SALAD	BUTTERMILK	GULAB JAMUN	
BUTTERMILK	BUTTERMILK	CORN SALAD		

MONDAY 29	TUESDAY 30	WEDNESDAY 31
CHAPATI	ROTI	FULKA
STEAMED RICE	GARAM MASALA PULAO	KHICHADI
KERALA SAMBHAR	TADKA DAL	KADHI
MOTH BHAJI	RAW BANANA KOFTA	BAIGAN KI KALAUNJI
	BOONDI RAITA	SALAD
SALAD	ONION RINGS WITH LIME JUICE	PAPAD
BUTTERMILK	PAPAD	