

RBK SCHOOL, MIRAROAD

JULY MENU 2018

MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
ROTI	AJWAIN PARATHA	CHAPATI	FULKA	BEETROOT POORI
	STEAMED RICE	GHEE RICE	MUNG DAL KHICHADI	MATAR ALOO
TAWA BHINDI	TOMATO SAR	TREVTI DAL	CURD	VEG MASALA BHAAT
TAMATER DAL FRY	AVIAL	FRENCH BEANS PORIYAL	BATATA DILL LEAVES BHAJI	VEG RAITA
CUCUMBER RAITA	BUTTERMILK	VEG RAITA	KACHUMBER SALAD	SUJI KA HALWA
ROASTED PAPAD	BOILED SPROUTS SALAD	SALAD	PAPAD	

MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
CHAPATI	CHAPATI	CHAPATI	ROTI	AATE KE BHATURE
GHEE RICE	STEAMED RICE	ZEERA RICE	PEAS RICE	CHOLE
DAL WITH DRUMSTICKS	WHOLE MASUR DAL	DAL WITH PALAK	DAL MAKHNI	VEG TEHERI
MASALA CORN	STUFF CAPSICUM	RAW BANANA KOFTA	POTATO SUKHA WITH CORRIANDER LEAVES	VEG RAITA
BOILED CHANA SALAD	SALAD	SALAD	BUTTERMILK	GULAB JAMUN
BUTTERMILK	PAPAD	BUTTERMILK	SALAD	

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
CHAPATI	CHAPATI	CHAPATI	CHAPATI	MISSI ROTI
KHICHADI	STEAMED RICE	LEMON RICE	ZEERA RICE	VEG BIRYANI
GUJRATI KADHI	TADKA DAL	DAL WITH PUMPKIN	DAL FRY	BOONDI RAITA
BAIGAN TEMATAR KA BHARTA	BARWA KARELA	SOYA NUGGETS BHAJI	PANEER TIKKA MASALA	MIX VEG
SALAD	SALAD	KACHUMBER SALAD	SALAD	JALEBI
AAM PANNA	BUTTERMILK	BUTTERMILK	BUTTERMILK	NIMBU PANI

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
CHAPATI	CHAPATI	CHAPATI	CHAPATI	PAV
TOMATO RICE	STEAMED RICE	PLAIN RICE	ZEERA RICE	BHAJI
TADKA WHOLE MUNG DAL	TADKA PACHMELA DAL	LEHSUNI MUNG DAL	TREVTI DAL	KACHUMBER SALAD
GATTE KI SABZI	STUFF TOMATO	VEG KOLHAPURI	DUDHI KI BHAJI	NIMBU PANI
SALAD	SALAD	SALAD	SALAD	
BUTTERMILK	BUTTERMILK	BUTTERMILK	BUTTERMILK	FRUIT CUSTARD

MONDAY 30	TUESDAY 31
BUTTER BAJRE KI ROTI	CHAPATI
CARROT RICE	STEAMED RICE
DAL FRY	SAMBHAR
BAIGAN KI KALAUNJI	CABBAGE POORIYAL
SALAD	BOILED BEETROOT SALAD
BUTTERMILK	BUTTERMILK