

RBK SCHOOL, MIRAROAD
JUNE MENU 2018

MONDAY 06	TUESDAY 05	WEDNESDAY 06	THURSDAY 07	FRIDAY 08
CHAPATI	AJWAIN PARATHA	CHAPATI	CHAPATI	BHAKRI
MASALA BHAAT	STEAMED RICE	TOMATO RICE	ZEERA RICE	ZUNKA
VEG RAITA	DAL FRY	SURATI DAL	PUNJABI KADHI	TAWA RICE
POTATO CAPSICUM BHAJI	DUDHI KOFTA	GREEN CHAWLI BEANS BHAJI	DUM ALOO	VEG RAITA
SPROUT SALAD	BUTTERMILK	VEG RAITA	SALAD	GULAB JAMUN
PAPAD	KACHUMBER SALAD	SALAD	BUTTERMILK	

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
CHAPATI	CHAPATI	CHAPATI	ROTI	AATE KE BHATURE
CORN RICE	STEAMED RICE	ZEERA RICE	PEAS RICE	CHOLE
DAL FRY	WHOLE MASUR DAL	DAL WITH PALAK	MAA KI DAL	VEG TEHERI
PALAK PANEER	COCONUT TENDLI BHAJI	JACKFRUIT KOFTA	BRINJAL STUFF	PINEAPPLE RAITA
SALAD	SALAD	SALAD	BUTTERMILK	SEVAIYAN
BUTTERMILK	PAPAD	BUTTERMILK	SALAD	

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
CHAPATI	CHAPATI	CHAPATI	CHAPATI	MISSI ROTI
KHICHADI	STEAMED RICE	LEMON RICE	ZEERA RICE	VEG BIRYANI
GUJRATI KADHI	LEHSUNI MUNG DAL TADKA	DAL WITH PUMPKIN	DAL WITH DRUMSTICKS	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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
CHAPATI	CHAPATI	CHAPATI	CHAPATI	RAGI POORI
CARROT RICE	STEAMED RICE	PLAIN RICE	ZEERA RICE	ALOO MATAR
TADKA WHOLE MUNG DAL	TADKA PACHMELA DAL	SINDHI KADHI	DAL TADKA	VEG PULAO
PARVAL KI LAUNJI	STUFF TOMATO	VEG KOFTA	RAJMA MASALA	DAL TADKA
SALAD	SALAD	SALAD	SALAD	VEG RAITA
BUTTERMILK	BUTTERMILK	BUTTERMILK	BUTTERMILK	FRUIT CUSTARD