

RBH SCHOOL, MIRARODAD
MARCH MENU 2018

THURSDAY 01
DAL KACHORI
ALOO MATAR
PINEAPPLE RAITA
VEG TEHRI
GUR KA PUA

MONDAY 05	TUESDAY 06	WEDNESDAY 07	THURSDAY 08	FRIDAY 09
CHAPATI	CHAPATI	CHAPATI	ROTI	MISSI ROTI
KHICHADI	STEAMED RICE	GHEE RICE	ZEERA RICE	VEG BIRYANI
PLAIN KADHI	MASUR DAL	ARHAR WITH DRUMSTICKS	MASUR DAL WITH TOMATO	BOONDI RAITA
BAIGAN TAMATAR BHARTA		METHI KI BHAJI	FRENCH BEANS PORIYAL	MATAR PANEER
SALAD	COCONUT TENDLI BHAJI	SPROUTS SALAD		FRUIT CUSTARD
PAPAD	SALAD	BUTTERMILK	BUTTERMILK	
	BUTTERMILK		SALAD	

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
BAJRA ROTI	CHAPATI	ROTI	BHAKRI	VEG AND PANEER STUFF PARATHA
DAL MAKHNI	STEAMED RICE	GHEE RICE	KHICHDI	GRATED CARROT SALAD WITH LIME
ZEERA RICE	LEHSUNI MUNG DAL	KADHI PAKODA	GUJRATI KADHI	VEG BIRYANI
PALAK PANEER		MUNG BHAJI	DUDHI CHANA VEG	VEG RAITA
BUTTERMILK	BHINDI DO PYAZA	KACHUMBER SALAD		GULAB JAMUN
SALAD	SALAD	PAPAD	SALAD	
	BUTTERMILK		PAPAD	

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
CHAPATI	CHAPATI	PARATHA	CHAPATI	GREEN MATAR KACHORI
GHEE RICE	PEAS RICE	ZEERA RICE	CORRIANDER RICE	DUM ALOO
TOMATO AND VEG SAR	KHATTI MEETHI DAL	TREVTI DAL	PALAK DAL FRY	VEG BIRYANI
		PANEER MATAR	DUDHI KOFTA	GARLIC ONION RAITA
STUFF CAPSICUM	BAIGAN KI LAUNJI			KACHUMBER SALAD
SALAD	SALAD	BUTTERMILK	SALAD	GAJAR HALWA
BUTTERMILK	BUTTERMILK	CORN SALAD	BUTTERMILK	

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
CHAPATI	ROTI	FULKA	LUCHI	
STEAMED RICE	MASALA BHAAT	KHICHADI	ALOO POSHTO	
CHANA DAL WITH TORAI	MAHARASHTRIAN KADHI	KADHI	VEG PANEER PULAO	
PINDI CHANA	CABBAGE KOFTA	BAIGAN BARWA	SPRING ONION RAITA	
	CUCUMBER SAKAD	SALAD	KHEER	
SALAD		PAPAD		
BUTTERMILK				