

RBK SCHOOL, MIRAROAD
LUNCH MENU NOVEMBER 2018

THURSDAY 01	FRIDAY 02
BHAKRI	BEETROOT POORI
CAPSICUM ZUNKA	PUNJABI CHOLE
MASALA BHATT	ZEERA RICE
VAL KI BHAJI	MATAR PANEER
SPRING ONION RAITA	BUTTERMILK
	SALAD
	GULAB JAMUN

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
CHAPATI		CHAPATI	CHAPATI	MATAR KACHORI
TOMATO RICE		ZEERA RICE	GHEE RICE	TAWA RICE
SURTI DAL		PAKODA KADHI	DUDHI CHANA DAL TADKA	GOBHI MASALA
CABBAGE PEAS PORIYAL		DILL LEAVES POTATO BHAJI	PARWAL KI LAUNJI	MATAR PANEER
SALAD		PAPAD	SALAD	VEG RAITA
BUTTERMILK		SALAD	BUTTERMILK	KHEER

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
CHAPATI	CHAPATI	CHAPATI	CHAPATI	FRIED RICE
PEAS RICE	STEAMED RICE	KHICHADI	GHEE RICE	PANEER CHILLY
MASUR DAL TADKA	TADKA DAL	SINDHI KADHI	TOMATO DAL	VEG MANCHURIAN
GARLIC LAL MATH BHAJI	BAIGAN TOMATO BHARTA	MUNG BHAJI	GREEN CHAWLI VEGETALE	GARLIC BREAD
SALAD	SALAD	SALAD	SALAD	FRUIT CUSTARD
BUTTERMILK	BUTTERMILK	PAPAD	VEG RAITA	