

**RBK SCHOOL, MIRAROAD**  
**LUNCH MENU OCTOBER 2018**

MONDAY 01	TUESDAY 02	WEDNESDAY 03	THURSDAY 04	FRIDAY 05
CHAPATI		CHAPATI	CHAPATI	FRIED RICE
STEAMED RICE		PEAS PULAV	ZEERA RICE	MANCHURIAN
PALAK DAL		DAL FRY	DAL TADKA	GARLIC BREAD
CHANA MASALA		SOYA NUGGETS VEGETABLE	BHINDI KARARI	PANEER CHILLY
CUCUMBER RAITA		SALAD	SALAD	FRUIT CUSTARD
PAPAD		PICKLE	BUTTERMILK	

MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
CHAPATI	CHAPATI	CHAPATI	CHAPATI	MATAR KACHORI
TOMATO RICE	GHEE RICE	MASALA KHICHADI	ZEERA RICE	VEG PULAO
SAMBHAR	MASUR DAL	GUJRATI KADHI	MASALA DAL	
CABBAGE PEAS PORIYAL	GREEN CHAWLI VEGETALE	DILL LEAVES AND BATATA KI BHAJI	ALOO DUM	ALOO TEMATER KI SABZI
SALAD	SALAD	PAPAD	SALAD	VEG RAITA
BUTTERMILK	VEG RAITA	SALAD	BUTTERMILK	GULAB JAMUN

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
CHAPATI	CHAPATI	POORI		PAV
ONION RICE	STEAMED RICE	CHOLE		BHAJI
LEHSUNI MUNG DAL	TADKA DAL	VEG TAWA RICE		KACHUMBER SALAD
DUDHI KOFTA	BAIGAN TOMATO BHARTA	POMOGRANATE RAITA		MINT BUTTERMILK
SALAD	SALAD	GULAB JAMUN		SEVAI
BUTTERMILK	BUTTERMILK			

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
CHAPATI	CHAPATI	CHAPATI	CHAPATI	CHOLE
RICE	LEMON RICE	PLAIN RICE	STEAM RICE	BHATURE
SINDHI KADHI	TOMATO SAR	SURATI DAL	DAL TADKA	KACHUMBER RAITA
STUFF BAIGAN	FRENCH BEANS BHAJI	PALAK PANEER	ALOO MATAR	SUJI KA HALWA
SALAD	BUTTERMILK	KACHUMBER SALAD	BAIGAN TAMATER BHARTA	BUTTERMILK
BUTTERMILK	SALAD	BUTTERMILK	SALAD	MASALA BHAAAT
			BUTTERMILK	

MONDAY 29	TUESDAY 30	WEDNESDAY 31
CHAPATI	CHAPATI	CHAPATI
ONION RICE	STEAMED RICE	PLAIN RICE
WHOLE MUNG DAL	DAL MAKHNI	PAKODA KADHI
RAW BANANA KOFTA KOFTA	BHINDI DO PYAZA	MUNG BHAJI
BUTTERMILK		CORN SALAD
SALAD	SALAD	ROASTED PAPAD
BUTTERMILK	BUTTERMILK	