



PAILAN WORLD SCHOOL

Weekly Menu for Residential & Day Boarding Students: (Non VEGETARIAN)

08.03.10 MONDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	BOURNVITA	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE & CHAPATI	CREAM ROLLS	RICE & CHAPATI
2	BISCUITS	CORNFLAKES & MILK		YELLOW DAL	NIMKI	YELLOW DAL
3		PAO				BAIGAN BARI TARCURRY
4		BHAJI		SUKTO		MURGH KORMA
5				CHICKEN ALOO KI TARCURRY		GULAB JAMUN
6				RICE KHEER GUR DIYE		SALAD

09.03.10 TUESDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	HORLICKS	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE/ BREAD ROLLS	KHASTA KACHURI	STEAMED RICE /CHAPATI
2	BISCUITS	PURI / ALOO KI SUBZI			FRUIT CAKE	DAL TADKA
3		CORNFLAKES HOT MILK		CHICKEN STEW		MIX VEG KORMA
4				MACARONI VEGETABLES HOT POT		EGGS CURRY
5				STRABERRY MOUSE		SALAD
6						PAYESH

10.03.10 WEDNESDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	H I TEA	DINNER
1	DRINKING CHOCOLATE	SEASONAL FRUITS	SEASONAL FRESH JUICE	STEAMED RICE / CHAPATI	VEG REPPAR	STEAMED RICE & PARATHA
2	BISCUITS			DAL MASALADAR	PASTRY	YELLOW DAL
3		IDLY		ALOO GOBI KI SUBZI		(BABY) ALOO DUM KHATAMITHA
4		SAMBAR		FRIED FISH INDIAN STYLE		KEEMA MATTER
5		CHUTNEY		ZAFRANI KHEER		BESAN BARFI
6						SALAD

11.03.10 THURSDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	MILO	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE / CHAPATI	VEG , PATTICE	STEAMED RICE / CHAPATI
2	BISCUITS	CORNFLAKES & MILK		YELLOW DAL	BANANA CAKE	RAJMA MASALA
3		CHOLE BATURA		SOYABEAN ALOO TARKARI		BAIGAN KA BHARTA
4				SUBZI MILONI		ALOO GOBI MASALA
5						MANGO MOUSSE
6				LANCHA		SALAD



PAILAN WORLD SCHOOL

12.03.10 FRIDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	COMPLAN	SEASONAL FRUITS	SEASONAL FRESH JUICE	CHICKEN BIRYANI	PIZZA	STEAMED RICE & CHAPATI
2	BISCUITS	CHOCOLATE PORRIDGE & MILK		RAITA	MIHI DANA	YELLOW DAL
3		BREAD BUTTER		KACHUMBER SALAD		SORSO KA SAAG
4		SUJI HALWA				PINDI CHANA
5				MISTI DOI		GULAB JAMUN
6						SALAD

13.03.10 SATURDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH		DINNER
1	BOUNRVITA	SEASONAL FRUITS	SEASONAL FRESH JUICE	STEAMED RICE & CHAPATI	JHAL MURI	STEAMED RICE / PARATHA
2	BISCUITS	CORNFLAKES & MILK		DAL MASALA	MUFFIN	DAL MAKHANI
3		LUCHI		JHINGA ALOO POSTO		CABBAGE MATAR
4		CHOLA DAL		EGG CURRY		TANGRY KABBAB
5				MAL PUA WITH RABRI		CREAM CARAMAL
6						SALAD

14.03.10 SUNDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	MILO		SEASONAL FRESH JUICE	STEAMED RICE & CHAPATI	HI TEA	STEAMED RICE/ CHAPATI
2	BISCUITS	CHOCOFKAKES & MILK		DAL MASALADER	RAGRA PATICE	DAL FRY
3		DOSA		PUI SAAG KUMRA BARI KI SUBZI	PUCHKA	BANARASI ALOO DUM
4		SAMBAR		DAHI MAACH	MOCKTAIL	MUTTON KASA
5		CHUTNEY		ICECREAM		ORANG PASTRY
6						SALAD



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08.03.10 MONDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	BOURNVITA	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE & CHAPATI	CREAM ROLLS	RICE & CHAPATI
2	BISCUITS	CORNFLAKE S & MILK		YELLOW DAL	NIMKI	YELLOW DAL
3		PAO				MIXED VEG MAKHANA
4		BHAJI		SUKTO		BAIGAN BARI TARCURRY
5				PALAK PANEER		GULAB JAMUN
6				RICE KHEER GUR DIYE		SOUR CURD
7						SALAD

09.03.10 TUESDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	HORLICKS	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE/ BREAD ROLLS	KHASTA KACHURI	STEAMED RICE & CHAPATI
2	BISCUITS	PURI / ALOO KI SUBZI			FRUIT CAKE	DAL TADKA
3		CORNFLACKS HOT MILK		VEGETABLES STEW		MIX VEG KORMA
4				MACARONI VEG HOT POT		ECHOR KI KALIA
5				STRABERRY MOUSE		SALAD
6						PAYESH

10.03.10 WEDNESDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	H ITEA	DINNER
1	DRINKING CHOCOLATE	SEASONAL FRUITS	SEASONAL FRESH JUICE	STEAMED RICE / CHAPATI	VEG RAPPER	STEAMED RICE & PARATHA
2	BISCUITS			DAL MASALADAR	PASTRY	YELLOW DAL
3		IDLY		ALOO GOBI KI SUBZI		(BABY) ALOO DUM KHATAMITHA
4		SAMBAR		MATTAR PANEER		KADAI PANEER
5		CHUTNEY		ZAFRANI KHEER		BESAN BARFI
6						RAITA
7						SALAD

11.03.10 THURSDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	MILO	SEASONAL FRUITS	SEASONAL FRESH JUICE	PLAIN RICE /CHAPATI	VEG , PATTICE	STEAMED RICE / CHAPATI
2	BISCUITS	CORNFLAKES & MILK		YELLOW DAL	BANANA CAKE	RAJMA MASALA
3		CHOLE BATURA		SOYABEAN ALOO TARKARI		BAIGAN KA BHARTA
4				SUBZI MILONI		ALOO GOBI MASALA
5						MANGO MOUSSE
6				LANCHA		SALAD



PAILAN WORLD SCHOOL

12.03.10 FRIDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	COMPLAN	SEASONAL FRUITS	SEASONAL FRESH JUICE	VEGETABLE BIRYANI	PIZZA	STEAMED RICE & CHAPATI
2	BISCUITS	CHOCOLATE PORRIDGE & MILK		RAITA	MIHI DANA	YELLOW DAL
3		BREAD BUTTER		KACHUMBER SALAD		SORSO KA SAAG
4		SUJI HALWA				PINDI CHANA
5				MISTI DOI		GULAB JAMUN
6						SALAD

13.03.10 SATURDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	BOURNVITA	SEASONAL FRUITS	SEASONAL FRESH JUICE	STEAMED RICE & CHAPATI	JHAL MURI	STEAMED RICE / PARATHA
2	BISCUITS	CORNFLAKES & MILK		DAL MASALA	MUFFINE	DAL MAKHANI
3		LUCHI		JHINGA ALOO POSTO		CABBAGE MATAR
4		CHOLA DAL		MIXED VEGETABLE		TANDOORI SALAD
5				MAL PUA WITH RABRI		CREAM CARAMAL
6						SALAD
7						SOUR CURD

14.03.10 SUNDAY

SL NO	EMR	BREAK FAST	JUICE	LUNCH	HI TEA	DINNER
1	MILO	CHOCOFKAKES & MILK	SEASONAL FRESH JUICE	STEAMED RICE & CHAPATI	RAGRA PATICE	STEAMED RICE /CHAPATI
2	BISCUITS	DOSA		DAL MASALADER	PUCHKA	DAL FRY
3		SAMBAR		PUI SAAG KUMRA BARI KI SUBZI	MOCKTAIL	MATAR PANEER
4		CHUTNEY		PANEER KI SUBZI		BANARASI ALOO DUM
5				ICECREAM		ORANG PASTRY
6						SALAD