

THE MANN SCHOOL

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MENU OF THE WEEK 27th Mar to 02nd Apr - 2023

LICENCE No. 1332100800071
ISO DOC NO /MESS/F/01

Date & Day	Breakfast 7:30 AM	Refreshment 11:25 AM	Lunch 2:10 PM	Refreshment 5:00 PM	Dinner 8:00 PM
27.03.2023 Monday	Aloo Paratha with Plain Curd, Pickle, Aloo Chutney, Porridge and Fruits	Veg Patties	Rajma Masala, Pumpkin Masala Veg, Tawa Roti, Jeera Rice, Boondi Raita, Pickle and Mix Salad	Tea with Bhelpuri	Malai Kofta, Tawa Roti, Steam Rice, Pickle and Sevian
28.03.2023 Tuesday	Pav Bhaji with Coriander Sauce, Cornflakes, Milk and Fruits	Sabudana Aloo Tikki with Tamarind Sauce	Arhar Dal Fry, Ghiya Kofta Veg, Tawa Roti, Plain Rice, Cucumber Raita, Pickle and Mix Salad	Coffee with Biscuits	Brinjal Bharta, Masoor Dal, Plain Paratha, Mutter Pulao, Pickle and Rice Kheer
29.03.2023 Wednesday	Kulche Chole with Coriander Sauce, Pickle, Cornflakes, Milk and Fruits	Veg Coleslaw Sandwich	Dal Maharani, Spinach Corn Veg, Tawa Roti, Veg Pulao, Aloo Raita, Pickle and Green Salad	Banana Shake	Tomato Soup with Croutons, Veg Hakka Noodles, Veg Manchurian, Fried Rice, Schezwan Sauce and Icecream
30.03.2023 Thursday	Puri with Black Chana Masala, Pickle, Suji Halwa, Milk and Fruits	Sevian Upma	Netaji ki Kadhi, Potato Cauliflower Fried, Tawa Roti, Plain Rice, Pickle, Papad and Mix Salad	Coffee with Frenchfries	Moong Dal, Potato Capsicum Veg, Tawa Roti, Jeera Rice, Pickle, Vinegar Onion and Shahi Tukda
31.03.2023 Friday	Masala Omellete / Cheese Cutlet Bread Butter, Bread Jam, Cornflakes, Milk and Fruits	Idli Sambhar with Coconut Sauce	Black eyed Beans, Bharva Brinjal Veg, Tawa Roti, Plain Rice, Carrot Raita, Pickle and Mix Salad	Lemon Ictea with Namak Pare	Soya Chaap Gravy, Yellow Dal, Tawa Roti, Onion Pulao, Pickle and Sabudana Kheer
01.04.2023 Saturday	Boiled Egg / Veg Cutlet, Butter Bread, Bread Jam, Veg Poha, Milk and Fruits	Onion Fritters with Mint Sauce	Dal Makhani, Kadai Vegetable, Mix Veg Raita, Tawa Roti, Jeera Rice, Pickle and Mix Salad	Seasonal Fruit	Kadai Chicken / Paneer Korma, Twa Roti, Stea Rice, Pickle and Vinegar Onion
02.04.2023 Sunday	Refreshment : 08:00AM Fruits		Brunch : 10:00 AM Housewise: T-WFH, L-D, V-B Chole Bhature with Jeera Aloo, Boondi Raita, Veg Biryani, Pickle, Mint Sauce and Onion Salad	Cold Coffee with Veg Hotdog	Arhar Dal Fry, Potato Peas Veg, Tawa Roti, Jeera Rice, Pickle and Icecream Continental : *****

F&B MANAGER

PRINCIPAL

Calories Requirement - (6yrs -17 yrs) 1400 - 2400

Calories Provided - Approx - 1500 - 2700