

SYNA INTERNATIONAL SCHOOL, KATNI

Weekly Mess Menu

DAY	BREKFAST	LUNCH	FRUITS	EVENING SNACKS	DINNER	NIGHT MILK
Monday	Aloo Paratha,Curd,Tea	Meethi Matter Malai,Seasonal Veg,Dal Fry,Rice,Roti,Salad	Papaya	Veg Pakora,Chutney,Coffee	Seasonal Veg,Dal,Rice,Roti,Salad,Sahi Tukra	Haldi Milk
Tuesday	Poha Jalebi,Namkeen Sev	Rajma Masala,Seasonal Veg,RaitaRice,Roti,Salad	Banana	Aloo Peanut Chat,Tea	Louki Kofta,Seasonal Dry Veg,Dal,Rice,Roti,Salad	Plain Milk
Wednesday	Bread Pakora,Dalia	Sahi Paneer,Seasonal Veg,Dal Mix,Rice,Roti,Salad	Pear	Hara Bhara Kabab,Coffee	Seasonal Veg,Dal Tadka,Rice,Roti,Salad,Kheer	Bournvita Milk
Thursday	Idly,Sambhar, Chutney	Kadi Pakora,Jeera Aloo,Rice,Roti,Kachumbar Salad	Apple	Papdi Chat,Tea	Seasonal Veg,Dal Mix,Rice,Roti,Salad	Haldi Milk
Friday	Vermicilli Upma,Bread Butter Jam,Cutlets	Palak Aloo,Nutri Keema,Dal Fry,Jeera Rice,Roti,Salad	Papaya	Mangori,Chutney,Tea	Black Chana Curry,Seasonal Veg,Rice,Roti,Salad,Gulab Jamun	Plain Milk
Saturday	Poa Bhaji,Bournvita Milk	Chilli Chana,Seasonal Veg,Dal Tadka,Rice,Roti,Salad	Banana	Dal Kabab,Coffee	Seasonal Veg,Dal,Rice,Roti,Salad	Horlicks Milk
Sunday	Palak Puri,Sabji,Achar, Tea	Veg Kofta,Seasonal Veg,Dal Fry,Pulao,Roti,Salad	No Fruits	Veg Sandwich,Tea	Matter Paneer,Seasonal Veg,Dal Mix,Rice,Roti,Sweet Boondi	Haldi Milk