

SYNA INTERNATION SCHOOL

Weekly Mess Menu(April) -WEEK-1

DAY	BREKFAST	LUNCH	FRUITS	EVENING SNACKS	DINNER	NIGHT MILK
04/04/2022 Monday	Poha Jalebi,Namkeen Sev	Meethi Aloo,Dal Fry,Rice,Puri,Salad	Grapes	Mangori,Hari Chutney,Tea	Aloo Shimla,Dal Fry,Rice,Roti,Salad	Plain Milk
05/04/2022 Tuesday	Bread Pakora,Suji Halwa	Rajma Curry,Boondi Raita ,Rice,Roti,Salad	Sweet Melon	Hara Bhara Kabab,Coffee	Mix Veg,Dal Fry,Rice,Roti,Sahi Tukri	Horlicks Milk
06/04/2022 Wednesday	Sabudana Khichdi,Sweet Dalia	Paneer Bt.Masala,Dal,Rice,Roti, Salad	Banana	Bhel Puri,Chutney,Coffee	Louki Kofta,Dal Fry,Puri,Salad	Plain Milk
07/04/2022 Thursday	Wada,Sambhar,Chtu ney	Patta Gobhi Aloo,Dal Fry,Rice,Roti,Salad,Ice Cream	Water Melon	Aloo Tikki Chat,Tea	Matter Aloo Dry,Dal Fry,Rice,Roti,Salad	Plain Milk
08/04/2022 Friday	Bread Butter Jam Cutlets,Milk	Aloo Chokha,Veg Khichdi,Rice,Roti,Salad, Achar,Papad	Papaya	Veg Piller,Souce,Coffee	Aloo Beans,Dal Fry,Rice,Roti,Salad,Kheer	Bournvita Milk
09/04/2022 Saturday	Samosa Chutney,Horlicks Milk	Palak Aloo,Dal Mix,Jeera Rice,Roti,Salad	Banana	Black Chana,Coffee	Chola Bhatara,Veg Pulao,Dahi Wada,Salad	Plain Milk
10/04/2022 Sunday	Paratha,Sabji,Tea	Aloo Gobhi ,Dal Fry,Rice,Roti,Salad	No Fruits	Aloo Peanut Chat,Tea	Paneer Bhurji.Masala,Dal Fry,Rice,Roti	No Milk