

HOSTEL MENU (SUGGESTED) 2015- 2016

“A Healthy mind lives in a healthy Body” To keep physically fit Modern School Hostel provides strictly vegetarian food – a healthy indigenous food with a flavor of all states of India.

DAY	BREAKFAST	RECESS	LUNCH	REFRESHMENT	DINNER
MONDAY	Bread Butter Toast + Milk / Tea	Chowmein + Tea	Dal / Sabji (Dry / gravy) Jaljeera, Rice, Chapati, Papar + Salad	Tikki / Veg. Cutlet / Potato Cutlet + Tea	Veg. Pulao + Raita + Mix. Veg + Salad + Rajma + Chapati + Papad
TUESDAY	Stuffed Paratha with pickle + Milk / Tea	Fruit Chat	Chholay + Sabji (Dry/Gravy), Rice, Chapati, Curd, Pickle, Salad	Patti / Mathi + Tea	Shahi Paneer + Dal + Rice + Roti + Salad./ + Gulab Jamun
WEDNESDAY	Dal Chilla / Poha Milk / tea +	Bread Pakora + Tea	Dal, Sabji (Dry / gravy) Rice, Chapati, Savain, Papar +Chatni + Salad	Aloo Chops + Tea	Dal Makhni + Tandoori Roti + Veg. Pulao + Papar + Salad.
THURSDAY	Paratha, Sabji + Milk / Tea	Samosa + Tea	Lobiya , Raita + Veg. (Dry / Gravy) + Pulao + Chaptai, Salad	Gol Gappe / Sambar Vada / Papri	Rajma + Chapati + Rice + Sweet dish Gulab Jamun / Imarti + Salad
FRIDAY	Sabji Puri + Milk / Tea	Veg Burger + Tea	Chholay, Veg (Dry / Gravy), Rice, Chapati, Papar, Curd, Raita, Salad, Halwa	Sprout Moong / Kala chana	Jeera Rice + Sambhar Dosa+ Chapati + Veg (Dry Aloo)+ Salad
SATURDAY	Bread Jam + Milk / Bread Toast + Tea	Pao Bhaji + Tea	Currie Pakora, Veg Dry, Rice, chapatti, Salad	Fruit Cream / Custard / Shikanji	Dal (Arhar)+ Rice + Roti + Veg+ Salad
SUNDAY	Chhole Bathurey + Milk / Tea		Rajma, chapatti, Rice, Veg (Dry / gravy), Papar, Salad, Chatni, Sweet (Kheer)	Dahi Papri + Tea	Shahi Paneer + Rice + Tandoori Roti + Ice Cream + Salad