

CIS - April 2025

	27TH	28TH	29TH	30TH			
Main Dish		Masala Khichdi, Punjabi Kadhi, Aloo Bonda	Dhokla, Chutney, Paneer Paratha , Chhunda	Butter Bhaji, Pav			
Salad		Sprout Salad	Tomato-Cucumber Salad	Chopped Onion-Coriander, Lemon			
Drink			Aam Panna	Lemonade			
Dessert/ Fruit		Suji Halwa		Chocolate Coconut Laddoo			

JAIN MENU

Main Dish		Masala Khichdi, Punjabi Kadhi, Veg Bonda	Dhokla, Chutney, Paneer Paratha , Chhunda	Butter Bhaji, Pav			
Salad		Sprout Salad	Tomato-Cucumber Salad	Chopped-Coriander, Lemon			
Drink			Aam Panna	Lemonade			
Dessert/ Fruit		Suji Halwa		Chocolate Coconut Laddoo			

CIS - May 2025

					1ST	2ND	3RD
Main Dish					Paneer Butter Masala , Chapati, Steamed Rice , Dal Tadka	Capsicum French Beans Sabji, Chapati, Steamed Rice , Dal Palak	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice
Salad						Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink					Lemonade	Buttermilk	Mint Lemonade
Dessert/ Fruit					Balushahi		

JAIN MENU

Main Dish					Paneer Butter Masala , Chapati, Steamed Rice , Dal Tadka	Capsicum French Beans Sabji, Chapati, Steamed Rice , Dal Palak	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice
Salad						Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink					Lemonade	Buttermilk	Mint Lemonade
Dessert/ Fruit					Balushahi		

	4TH	5TH	6TH	7TH	8TH	9TH	10TH
Main Dish		Veg Kofta Curry , Chapati , Jeera Rice, Saboot Masoor Dal	Paneer Paratha, Chhunda, Steamed Rice, Mix Dal	Vegetable Chutney Sandwich, Wafers, Veg Fried Rice	Rajma Curry, Chapati, Jeera Rice, Ghiloda Sabji	Chhole - Bhature, Steamed Rice, Dal Fry	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney	
Drink		Lemonade	Masala Buttermilk	Orange Tang	Buttermilk	Lemonade	Buttermilk
Dessert/ Fruit			Jalebi	Balushahi		Gulab Jamun	

	JAIN MENU						
Main Dish		Veg Kofta Curry , Chapati , Jeera Rice, Saboot Masoor Dal	Paneer Paratha, Steamed Rice, Mix Dal	Vegetable Chutney Sandwich, Wafers, Veg Fried Rice	Rajma Curry, Chapati, Jeera Rice, Ghiloda Sabji	Chhole - Bhature, Steamed Rice, Dal Fry	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney	
Drink		Lemonade	Masala Buttermilk	Orange Tang	Buttermilk	Lemonade	Buttermilk
Dessert/ Fruit			Jalebi	Balushahi		Gulab Jamun	
	11TH	12TH	13TH	14TH	15TH	16TH	17TH
Main Dish		Tindola Dry Sabji, Chapati, Steamed Rice, Kadhi Pakoda	Stuffed Capsicum Sabji, Chapati, Steamed Rice, Dal Fry	Gubar Sabji, Chapati, Vegetable Pulao, Boondi Raita	Bhindi Masala, Chapati, Jeera rice, Saboot Moong Dal	Doodhi Tomato Sabji, Chapati, Steamed Rice, Amritsari Dal	Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Mint Lemonade	Buttermilk	Masala Buttermilk	Mint Lemonade	Lemonade	Masala Buttermilk
Dessert/ Fruit			Suji Halwa	Boondi		Banana	
		JAIN MENU					
Main Dish		Tindola Dry Sabji, Chapati, Steamed Rice, Kadhi Pakoda	Stuffed Capsicum Sabji, Chapati, Steamed Rice, Dal Fry	Gubar Sabji, Chapati, , Vegetable Pulao, Boondi Raita	Bhindi Masala, Chapati, Jeera rice, Saboot Moong Dal	Methi Thepla, Chhunda, Masala Khichdi, Kadhi	Giloda Sabji, Chapati, Jeera Rice, Rajma Curry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Chana Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Mint Lemonade	Buttermilk	Masala Buttermilk	Mint Lemonade	Lemonade	Masala Buttermilk
Dessert/ Fruit			Suji Halwa	Boondi		Banana	
	18TH	19TH	20TH	21ST	22ND	23RD	24TH
Main Dish		Lehsuni Palak Sabji , Chapati, Steamed Rice, Mix Dal	Dum Aloo , Chapati, Jeera Rice, Saboot Moong Dal	Desi Chana with Gravy Sabji, Chapati, Rice, Dal Tadka	Arbi Sukhi Bhaji, Chapati, Jeera Rice, Dal Fry	Rajma Curry, Chapati, Jeera Rice, Tindoda Dry Sabji	Carrot -Capsicum- French Beans Dry Sabji, Chapati, Jeera Rice , Dal Palak
Salad		Tomato-Cucumber Salad	Sprout Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade		Buttermilk	Mint Lemonade	Mint Lemonade
Dessert/ Fruit		Gulab Jamun		Sewian Kheer		Doodhi Halwa	

		JAIN MENU					
Main Dish		Palak Sabji, Chapati, Steamed Rice, Mix Dal	Sev Tamatar , Chapati, Jeera Rice, Saboot Moong Dal	Desi Chana with Gravy Sabji, Chapati, Rice, Dal Tadka	Cabbage Sabji, Chapati, Jeera Rice, Dal Fry	Rajma Curry, Chapati, Jeera Rice, Tindoda Dry Sabji	Capsicum- Tomato - French Beans Dry Sabji, Chapati, Jeera Rice , Dal Palak
Salad		Tomato-Cucumber Salad	Sprout Salad	Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade		Buttermilk	Mint Lemonade	Mint Lemonade
Dessert/ Fruit		Gulab Jamun		Sewian Kheer		Doodhi Halwa	
	25TH	26TH	27TH	28TH	29TH	30TH	31ST
Main Dish		Spring Onion-Aloo Sabji, Chapati, Steamed Rice, Dal Makkhani	Galka Sabji, Chapati, Jeera Rice, Dal fry	Mix Vegetable Dry Sabji, Chapati, Steamed Rice, Gujarati Dal	Bhindi Sabji, Chapati, Jeera rice, Saboot Moong Dal	Doodhi Tomato Sabji, Chapati, Steamed Rice, Amritsari Dal	Parwal Sabji , Chapati, Jeera Rice, Dal Fry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato Cucumber Salad	Tomato-Cucumber Salad	Chana Salad	Sweetcorn Salad
Drink		Buttermilk	Mint Lemonade	Buttermilk	Lemonade	Orange Tang	Masala Buttermilk
Dessert/ Fruit			Suji Halwa	Chocolate Coconut Laddoo	Boondi		
		JAIN MENU					
Main Dish		Sev Tamatar, Chapati, Steamed Rice, Makhani	Galka Sabji, Chapati, Jeera Rice, Dal Fry	Mix Vegetable Dry Sabji, Chapati, Steamed Rice, Gujarati Dal	Bhindi Sabji, Chapati, Jeera rice, Saboot Moong Dal	Doodhi Tomato Sabji, Chapati, Steamed Rice, Amritsari Dal	Parwal Sabji, Chapati, Jeera Rice, Dal Fry
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Tomato Cucumber Salad	Tomato-Cucumber Salad	Chana Salad	Sweetcorn Salad
Drink		Buttermilk	Mint Lemonade	Buttermilk	Lemonade	Orange Tang	Masala Buttermilk
Dessert/ Fruit			Suji Halwa	Chocolate Coconut Laddoo	Boondi		
		Jun-25					
	1ST	2ND	3RD	4TH	5TH	6TH	7TH
Main Dish		Bharela Ringan Sabji, Chapati, Jeera Rice, Dal Fry	Palak Paneer, Chapati , Steamed Rice, Dal Tadka	Galka Sabji, Chapati, Jeera Rice, Dal Fry	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice	Desi Chana Gravy, Chapati, Steamed Rice, Dal Makhani	Capsicum- French Beans Dry Sabji, Chapati, Jeera Rice, Dal Palak
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Chopped coriander, Lemon		Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Lemonade	Buttermilk		Lemonade	Buttermilk	Mint Lemonade
Dessert/ Fruit			Chocolate Coconut Laddoo	Sewian Kheer	Balushahi		

Jain Menu							
Main Dish		Stuffed Capsicum Sabji, Chapati, Jeera Rice, Dal Fry	Palak Paneer, Chapati, Steamed Rice, Dal Tadka	Galka Sabji, Chapati, Jeera Rice, Dal Fry	Idli, Sambhar, Dosa Balls, Chutney, Lemon Rice	Desi Chana Gravy, Chapati, Steamed Rice, Dal Makhani	Capsicum- French Beans Dry Sabji, Chapati, Jeera Rice, Dal Palak
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad	Chopped coriander, Lemon		Tomato-Cucumber Salad	Tomato-Cucumber Salad
Drink		Lemonade	Buttermilk		Lemonade	Buttermilk	Mint Lemonade
Dessert/ Fruit			Chocolate Coconut Laddoo	Sewian Kheer	Balushahi		
	8TH	9TH	10TH	11TH	12TH	13TH	14TH
Main Dish		Rajma Curry, Chapati, Jeera Rice, Mix Vegetable Sabji	Paneer Kadhai, Chunda, Steamed Rice, Mix Dal	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Veg Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Chhole - Bhature, Steamed Rice, Dal Fry	Bhindi Do Pyaaza, Chapati, Jeera rice, Saboot Moong Dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney	Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade	Lemonade	Buttermilk	Orange Tang	Lemonade
Dessert/ Fruit			Jalebi	Boondi		Gulab Jamun	
Jain Menu							
Main Dish		Rajma Curry, Chapati, Jeera Rice, Mix Vegetable Sabji	Paneer Kadhai, Chunda, Steamed Rice, Mix Dal	Manchurian Dry, Chinese Noodles, Wafers, Veg Fried Rice	Veg Kofta Curry, Chapati, Steamed Rice, Dal Tadka	Chhole - Bhature, Steamed Rice, Dal Fry	Bhindi Fry, Chapati, Jeera rice, Saboot Moong Dal
Salad		Tomato-Cucumber Salad	Tomato-Cucumber Salad		Tomato-Cucumber Salad	Tamarind Onion Chutney	Tomato-Cucumber Salad
Drink		Buttermilk	Mint Lemonade	Lemonade	Buttermilk	Orange Tang	Lemonade
Dessert/ Fruit			Jalebi	Boondi		Gulab Jamun	

Ms Kanchan Joshi
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