



MESS MENU

SEPTEMBER 2017



ROYAL
Global School

TIME	DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Indian Bread Flakes Health Drinks Beverage Fruits	Puri Aloo Sabji Brown/Milk Chocos Bournvita Milk Apple	Veg. Sub Sandwich Brown/Milk Corn Boost Milk Banana	Chidwa Poha Brown/Milk Corn Horlicks Milk Watermelon	Idli Sambher Chutney Brown/Milk Corn Bournvita Milk Apple	Cholla Bhatara Brown/Milk Chocos Boost Milk Papaya	Aloo Matar Paratha Brown/Milk Corn Choco Horlicks Milk Pears	Uthapam /Dosa Sambher Chutney Brown/Milk Veg. Oats Tea Banana
Short Break	Juice/Snacks	Apple	Biscuit	Litchi	Chocolate	Mango	Biscuit	Cake
LUNCH	Salad Dry Veg Curry Veg Dal Rice Bread Accompany Desert	Sprouted Salad Desi Chana Dry Parwal Masala Yellow Dal Fry Plain Rice Butter/Plain Roti Chips Sewain	Macaroni Salad Aloo Matar Kofta Curry Yellow Dal Fry Jeera Pulao Butter/Plain Roti Dahi Bhalla Ice Cream	Sprouted Salad Jeera Aloo Chola Masala Arhar Dal Plain Rice Butter/Plain Roti Papad Kheer	Mixed Salad Bhindi Kurkure Mixed Veg. Yellow Dal Fry Plain Rice Butter/Plain Roti Curd Sewain	Green Salad Parwal Fry Rajma Masala Yellow Dal Fry Plain Rice Butter/Plain Roti Fryums Shahi Tukda	Kim Chi Chilly Paneer Veg. Manchurian Veg. Fried Rice Hakka Noodles Fryums Fruit Custard	Special Lunch Non-Veg
HI-TEA	Snacks Beverage Accompany	Wai Wai/ Maggi Mango Juice Bread Jam	Samosa Jaljeera Bread Jam	Papdi Chat Lime Water Bread Jam	Schwanz Noodles Mango Juice Bread Jam	Paw Bhaji Apple Juice Bread Jam	Vada Paw Aampanna Bread Jam	Momo Litchi Juice
DINNER	Dry Veg Curry Veg Dal Rice Bread Accompany Sweets/Desert Health Drink	Cabbage Peas Nutrela Aloo Dal fry Plain Rice Butter/Plain Roti Chips Rasgulla Milk	Jullianne Potato Rajma Masala Panchmela Dal Plain Rice Butter/Plain Roti Fryums Sewain Milk	Aloo Rassa Paneer Makhni Kali Dal Peas Pulao Laccha Paratha Papad Ice Cream Milk	Barbatti Dry Yellow Peas Dal Fry Plain Rice Butter/Plain Roti Chips Halwa Milk	Pindi Chana Dum Aloo Dal fry Plain Rice Butter/Plain Roti Papad Kheer Milk	Cabbage Carrot Beans Nutrela Masala Dal Fry Plain Rice Butter/Plain Roti Fryums Sooji Halwa Milk	Special Dinner Veg

NOTE: Fruits & Veg. as per availability & Boiled Veg. and Plain Dal are available in Lunch & Dinner.