

Weekly Meal Menu - SCJ World Academy

	MON 17 Dec	TUE 18 Dec	WED. 19 Dec	THU 20 Dec	FRI 21 Dec	SAT 22 Dec	SUN 23 Dec
B R E A K F A S T							
Cereal						Chocos	Fiv. Cornflakes
Fruit	Cut Papaya	Mix Fruit	Galia Melon	Cut Papaya	Mix Fruit	Galia Melon	Cut Papaya
Milk	Hot & Cold	Hot & cold	Hot & cold	Hot & cold	Cold Coffee	Hot & cold	Hot & cold
Bread	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**
Main Dish	Veg Cutlet	Aloo Onion Parantha	Stuffed Besan Chilla	Veg Idly Sambhar	Grilled Cheese S/W	Assorted Parantha (live)	Poori Bhaji
	Boiled Egg	Veg Upma	Omelete	Veg Poha	Omelete	Boiled Egg	Omelete (live)
L U N C H							
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dal	Dal Makhani	Kadi Pakora	Black Chana	Arhar Dal Tadka	Rajma	Black Masoor Dal	Dal Dhaba
Veg 1	Mix Veg Korma	Baingun Bharta	Veg Kofta Curry	Gobhi Mutter	Aloo Methi	Paneer Cahman	Palak Corn
Veg/Conti.	Veg Macroni	Grilled Veg	Veg. Lasagne	Veg Pasta	Veg Mussaka	Pomme Lyonnaise	Aloo Gobhi
Curd/Soup	Curd		Bathua Raita	Curd	Boondi Raita	Curd	Kheera Raita
Rice	Steamed Rice	Plain Rice	Steam Rice	Plain Rice	Jeera Rice	Steam Rice	Veg Biryani
Breads	Roti,ParanthaBread	Roti,ParanthaBread	Roti,ParanthaBread	Roti,ParanthaBread	Roti,ParanthaBread	Roti,ParanthaBread	Roti,ParanthaBread
	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly
Dessert	Seviyan Kheer		Fruit Pudding		Gajar Halwa		Laddoo Motichoor
S N A C K S							
Snacks D/B	Mint Cucumber S/W	Keenu	Khasta Kachori	Apple	Chocolate Cookies		
Snacks R/B	Mint Cucumber S/W	Chocolate Doughnut	Khasta Kachori	Veg Puff	Chocolate Cookies	Tawa Aloo Chat	Pizza Slice
Fruit	Banana	Keenu	Banana	Apple	Banana	Apple	Fruit Chat
Refreshment	Tang	Lemonade	Glucon D	Lemonade	Tang	Lemonade	Glucon D
D I N N E R							
Soup	Manchaow	Cream of Tomato	Hot & Sour Soup	Sweet Corn	Veg Soup	Hot & Sour	Veg Talumin
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad 2	Worldroff	Ceaser Salad	Corn Bell Peper	Three Beans Salad	Sprout Salad	Murmura	Tossed Salad
Dal	Channa Dal Tadka	Moth Dal	Green Moong Dal	Urad Chana Dal (live)	Moong Masoor Dal	Dal Bukhara	Dal LMD
Veg 1	Aloo Palak	Mushroom Mutter	Chilly Paneer	Kadhai Soya	Paneer Tikka Masala	Sam Savera	Paneer Kurkuri Masala
Veg/Conti.	Chilly Gobhi (live)	Maxican Rice (live)		Egg Curry		Veg Spaghetti(live)	Murg Handi
			Chilly Chicken		Mutton Curry		
Rice	Plain Rice	Steam Rice	Fried Rice,Noodles	Rice	Rice	Jeera Rice	Plain Rice
Breads	Roti,Parantha, Gr.Bread	Roti,Parantha,Msl.Bread	Roti,Parantha	Roti,Parantha, Methi Bread	Roti,Parantha, Bread roll	Roti,Makki Ki Roti	TD.Roti,Naan,Methi Bread
	Mix & Tomato Chutney	Mix & Green Chilly	Mix & Green Chutney	Mix & Garlic Red Chilly	Mix & Green Chilly	Gur.W.Butter	Mix & Green Chilly
Dessert	Gulabjamun	Jalebi	Mango Suffle	Coconut laddoo	Fruit Custard	Rasgulla	Gui Cake
*** Menu Subject to change according to the availability of seasonal vegetable & raw material							
Wbbj*	White Bread Butter Jam						
Bbbj**	Brown Bread Butter Jam						