

**LUNCH MENU - SEPTEMBER 2022**

1	Thursday	BUTTER DOSA	COCONUT CHUTNEY	JEERA RICE	PALAK DAL	CORN KOSAMBARI	SHAVIGE PAYASA	PAPPAD/ CURD
2	Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	METHI RASAM	VEG SALAD	GULAB JAMUN	PAPPAD/ CURD
5	Monday	CHAPATHI	BRINJAL GOJJU	WHITE RICE	SAMBAR(Mangalore style)	CARROT PALYA	SABAKKI PAYASA	PAPPAD/ CURD
6	Tuesday	DOSA	ALOO PALYA	SOYA PANEER PULAO	VEG GRAVY	UDDINA VADA (1 NO)	CORN SOUP	FRYUMS/ CURD
7	Wednesday	CHAPATHI	KADAI VEGETABLE	VANGI BATH	CHUTNEY	RIDGE GOURD PALYA	PINEAPPLE KESARI	PAPPAD
8	Thursday	BATCH 1 (Class 3 to 6)	VEG SAGU	CORRIENDER RICE	CHUTNEY	MIX KOSAMBARI	WHEAT PAYASA	FRYUMS/ CURD
		PAROTA (1 Nos)						
		BATCH 2 (Class 7 to 12)	SAUCE					
		NOODLES						
9	Friday	CHAPATHI	VEG SAGU	WHITE RICE	RASAM	BEANS PALYA	GULAB JAMUN	PAPPAD/ CURD
12	Monday	CHAPATHI	CHANNA MASALA	WHITE RICE	SAMBAR(Tamilnad style)	GREEN GRAM WITH SOPPU (PALYA)	SHAVIGE PAYASA	PAPPAD/ CURD
13	Tuesday	BUTTER DOSA	COCONUT CHUTNEY	JEERA RICE	PALAK DAL	VEG SALAD	FRUIT CUSTARD	FRYUMS/ CURD
14	Wednesday	BATCH 1 (Class 3 to 6)	SAUCE	VEG PULAO	CUCUMBER RAITHA	MIX KOSAMBARI	KADLE BELE PAYASA	FRYUMS/ CURD
		NOODLES						
		BATCH 2 (Class 7 to 12)	VEG SAGU					
		PAROTA (1 Nos)						
<b>ASSESSMENT &amp; EVALUATION CLASS 1-10(15th Sept to 24th Sept)</b>								
26	Monday	CHAPATHI	MIX VEG CURRY	WHITE RICE	SAMBAR(Kerala style)	GREEN GRAM WITH SOPPU (PALYA)	SHAVIGE PAYASA	PAPPAD/ CURD
27	Tuesday	BUTTER DOSA	COCONUT CHUTNEY	TOMATO RICE BATH	VEG GRAVY	VEG SALAD	VEG SOUP	FRYUMS/ CURD
28	Wednesday	CHAPATHI	ALOO GRAVY	VEG PULAO	CUCUMBER RAITHA	MASALA VADA(1 NO)	WHEAT PAYASA	PAPPAD/ CURD
29	Thursday	POORI	KABUL CHANNA CURRY	GHEE RICE	DAL FRY	MIX VEG PALYA	PINEAPPLE KESARI	FRYUMS/ CURD
30	Friday	CHAPATHI	RAJMA MASALA	WHITE RICE	PEPPER RASAM	CABBAGE PORIYAL	GULAB JAMUN	PAPPAD/ CURD

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1	Thursday	BUTTER DOSA	COCONUT CHUTNEY	JEERA RICE WHITE RICE / RASAM or SAMBAR	PALAK DAL	SHAVIGE PAYASA	PAPPAD/ CURD
2	Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	METHI RASAM	GULAB JAMUN	PAPPAD/ CURD
5	Monday	CHAPATHI	BRINJAL GOJJU	WHITE RICE	SAMBAR(Mangalore style)	SABAKKI PAYASA	PAPPAD/ CURD
6	Tuesday	DOSA	ALOO PALYA	SOYA PANEER PULAO WHITE RICE / RASAM or SAMBAR	VEG GRAVY	CORN SOUP	FRYUMS/ CURD
7	Wednesday	CHAPATHI	KADAI VEGETABLE	VANGI BATH WHITE RICE / RASAM or SAMBAR	CHUTNEY	PINEAPPLE KESARI	PAPPAD/ CURD
8	Thursday	NOODLES	SAUCE	CORRIENDER RICEWHITE RICE / RASAM or SAMBAR	CHUTNEY	WHEAT PAYASA	FRYUMS/ CURD
9	Friday	CHAPATHI	VEG SAGU	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/ CURD
12	Monday	CHAPATHI	CHANNA MASALA	WHITE RICE	SAMBAR(Tamilnad style)	SHAVIGE PAYASA	PAPPAD/ CURD
13	Tuesday	BUTTER DOSA	COCONUT CHUTNEY	JEERA RICEWHITE RICE / RASAM or SAMBAR	PALAK DAL	FRUIT CUSTARD	FRYUMS/ CURD
14	Wednesday	CHAPATHI	VEG SAGU	VEG PULAO/WHITE RICE SAMBAR or RASAM	CUCUMBER RAITHA	KADLE BELE PAYASA	PAPPAD/ CURD
15	Thursday	POORI	KABUL CHANNA CURRY	GHEE RICEWHITE RICE / RASAM or SAMBAR	DAL FRY	PINEAPPLE KESARI	PAPPAD/ CURD
16	Friday	CHAPATHI	GREEN PEAS CURRY	WHITE RICE	RASAM	GULAB JAMUN	PAPPAD/ CURD
19	Monday	CHAPATHI	MIX VEG CURRY	WHITE RICE	SAMBAR(Kerala style)	SHAVIGE PAYASA	PAPPAD/ CURD
20	Tuesday	BUTTER DOSA	COCONUT CHUTNEY	SOYA PANEER PULAOWHITE RICE/SAMBAR or RASAM	VEG GRAVY	VEG SOUP	FRYUMS/ CURD
21	Wednesday	CHAPATHI	ALOO GRAVY	VEG PULAOWHITE RICE / RASAM or SAMBAR	CUCUMBER RAITHA	WHEAT PAYASA	PAPPAD/ CURD
22	Thursday	NOODLES	SAUCE	GHEE RICEWHITE RICE / RASAM or SAMBAR	DAL FRY	KADLE BELE PAYASA	FRYUMS/ CURD
23	Friday	CHAPATHI	RAJMA MASALA	WHITE RICE	PEPPER RASAM	GULAB JAMUN	PAPPAD/ CURD