

**EXCEL PUBLIC SCHOOL**

**LUNCH MENU - AUGUST 2022**

|                                   |           |             |                     |                                  |                                     |                   |              |
|-----------------------------------|-----------|-------------|---------------------|----------------------------------|-------------------------------------|-------------------|--------------|
| 1                                 | Monday    | CHAPATHI    | RAJMA MASALA        | WHITE RICE                       | SAMBAR(Kerala Style)                | FRUIT CUSTARD     | PAPPAD/ CURD |
| 2                                 | Tuesday   | BUTTER DOSA | ALOO SABJI          | SOYA PANEER PULAO/<br>WHITE RICE | VEG GRAVY/<br>SAMBAR or RASAM       | CORN SOUP         | PAPPAD/ CURD |
| 3                                 | Wednesday | CHAPATHI    | KADAI VEGETABLE     | JEERA RICE/<br>WHITE RICE        | PALAK DAL<br>SAMBAR or RASAM        | PINEAPPLE KESARI  | PAPPAD/ CURD |
| 4                                 | Thursday  | POORI       | KABUL CHANNA CURRY  | RICE BATH/<br>WHITE RICE         | RAITHA/<br>SAMBAR or RASAM          | KADLE BELE PAYASA | PAPPAD/ CURD |
| 8                                 | Monday    | CHAPATHI    | VEG NILGIRI CURRY   | WHITE RICE                       | SAMBAR(Mysore style)                | SHAVIGE PAYASA    | PAPPAD/ CURD |
| <b>Muhurram(Holiday)</b>          |           |             |                     |                                  |                                     |                   |              |
| 10                                | Wednesday | CHAPATHI    | BLACK CHANNA MASALA | VEG PULAO/<br>WHITE RICE         | CUCUMBER RAITHA/<br>SAMBAR or RASAM | MIX VEG SOUP      | PAPPAD/ CURD |
| 11                                | Thursday  | NOODLES     | SAUCE               | TOMATO RICE/<br>WHITE RICE       | CHUTNEY/<br>SAMBAR or RASAM         | WHEAT PAYASA      | PAPPAD/ CURD |
| 12                                | Friday    | CHAPATHI    | GREEN PEAS CURRY    | WHITE RICE                       | METHI RASAM                         | GULAB JAMUN       | PAPPAD/ CURD |
| <b>Independence Day</b>           |           |             |                     |                                  |                                     |                   |              |
| 16                                | Tuesday   | DOSA        | COCONUT CHUTNEY     | SOYA PANEER PULAO/<br>WHITE RICE | VEG GRAVY/<br>SAMBAR or RASAM       | CORN SOUP         | PAPPAD/ CURD |
| 17                                | Wednesday | CHAPATHI    | KADAI VEGETABLE     | VANGI BATH/<br>WHITE RICE        | CHUTNEY/<br>SAMBAR or RASAM         | PINEAPPLE KESARI  | PAPPAD/ CURD |
| 18                                | Thursday  | POORI       | KABUL CHANNA CURRY  | GHEE RICE/<br>WHITE RICE         | DAL FRY<br>SAMBAR or RASAM          | KADLE BELE PAYASA | PAPPAD/ CURD |
| 19                                | Friday    | CHAPATHI    | VEG SAGU            | WHITE RICE                       | RASAM                               | GULAB JAMUN       | PAPPAD/ CURD |
| 22                                | Monday    | CHAPATHI    | MIX VEG CURRY       | WHITE RICE                       | SAMBAR(Tamilnad style)              | SHAVIGE PAYASA    | PAPPAD/ CURD |
| 23                                | Tuesday   | BUTTER DOSA | COCONUT CHUTNEY     | FRIED RICE /<br>WHITE RICE       | SAUCE/<br>SAMBAR or RASAM           | VEG SOUP          | PAPPAD/ CURD |
| 24                                | Wednesday | CHAPATHI    | ALOO GRAVY          | VEG PULAO/<br>WHITE RICE         | CUCUMBER RAITHA/<br>SAMBAR or RASAM | WHEAT PAYASA      | PAPPAD/ CURD |
| 25                                | Thursday  | NOODLES     | SAUCE               | CORRIENDER RICE/<br>WHITE RICE   | CHUTNEY/<br>SAMBAR or RASAM         | KADLE BELE PAYASA | PAPPAD/ CURD |
| 26                                | Friday    | CHAPATHI    | RAJMA MASALA        | WHITE RICE                       | PEPPER RASAM                        | GULAB JAMUN       | PAPPAD/ CURD |
| 29                                | Monday    | CHAPATHI    | VEG NILGIRI CURRY   | WHITE RICE                       | SAMBAR(Mysore style)                | SHAVIGE PAYASA    | PAPPAD/ CURD |
| <b>Swarnagowri Vrata(Holiday)</b> |           |             |                     |                                  |                                     |                   |              |
| <b>Ganesha Chaturthi(Holiday)</b> |           |             |                     |                                  |                                     |                   |              |