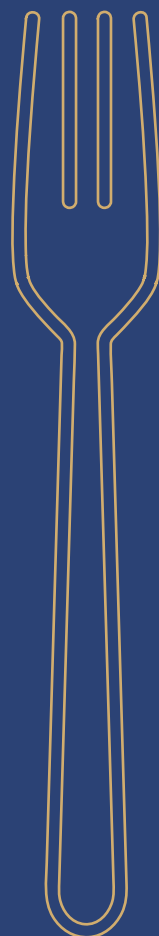




Shrewsbury
International School
INDIA



1st and 3rd Weeks, Monday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Rava Idli | Belgian Waffles | French Toast

Main Course (Egg)

Egg Parantha

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choice of cereals

Fresh Friuts

Freshly-cut Fruits

Juices

Fresh Fruit Juices

Continental Preparation

Masala Oats



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings

Honey Lemon Vinaigrette | Garlic Yogurt

Main Course (Veg)

Malai Kofta | Aloo Methi

Main Course (Non-Veg)

Chicken Maharaja

Daal and Rice

Black Masoor Daal | Matar Pulao

Indian Breads

Assorted Breads | Phulka | Triangle Parantha

Yogurt

Dahi Gujiya



DINNER- 7:30 P.M.-8 P.M.

Soup Of The Day

Lung Fung Soup

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings - I and II

Classic Vinaigrette | Tahini Lemon Dressing

Main Course (Veg)

Crispy Fried Baby Corn | Exotic Vegetable in Sweet Chilly Sauce (Gravy)

Main Course (Non-Veg)

Chilli Pepper Fish

Daal and Rice

Schezwan Manchurian | Veg Hakka Noodles/Thai Pineapple Fried Rice

Indian Breads

Desserts

Water Melon Jelly



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Fruit Cake | Coconut Water | Whole Fruits

Evening Snack (6pm - 6:30 pm)

Tea | Coffee | Cookies | Refreshment Drink | LIVE Bhel Puri Counter



1st and 3rd Weeks, Tuesday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk



Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Medu Wada With Coconut chutney | Thepla Bhaji

Main Course (Egg)

Boiled Egg

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread



Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choice of cereals

Fresh Fruits

Freshly-cut Fruits

Juices

Strawberry Shake | Fresh Juice



Continental Preparation

Sauteed Corn and Peas

LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings

Thousand Island | Pesto Mayo

Main Course (Veg)

Amritsari Cholle | Dum Aloo

Main Course (Non-Veg)

Anda Masala

Daal and Rice

Daal Makhan Wali | Kabuli Pulao

Indian Breads

Assorted Breads | Phulka | Beetroot Chapaati

Yogurt

Boondi Raita



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Mulligatawny Soup



Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings - I and II

Thousand Island | Ranch

Main Course (Veg)

Paneer Achaari Masala | Methi Matar Malai



Main Course (Non-Veg)

Chicken Patiala

Daal and Rice

Moong Daal Tadka | Matar Pulao



Indian Breads

Assorted Breads | Phulka | Methi Phulka | Lachha Parantha

Desserts

Kala Jamun



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Muffins | Daal Kachori | Lemonade

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Chocolate Donuts

1st and 3rd Weeks, Wednesday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Masala Dosa | Peas Parantha with Yogurt

Egg of the Day

Poached Egg

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choice of cereals

Fresh Friuts

Freshly-cut Fruits

Juices

Fresh Fruit Juices

Continental Preparation

Chocolate Waffles Dates and Banana Porridge



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Roasted Tomato and Basil Soup

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Honey Mustard Dressing | Cilantro Lime Dressing

Main Course (Veg)

Stuffed Paneer Spinach Steak | Mashed Sweet Potato

Main Course (Non-Veg)

Irish Lamb Stew

Daal and Rice

Pan-Roasted Garlic Mashroom | Herbs Rice

Indian Breads

Mexican Bruschetta

Desserts

Whipped Fruit Cream



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Chocolate Cake | Whole Fruits | Sweet Lassi

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Veg Kathi Roll



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar



Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Honey Mustard Dressing

Mint Lime Dressing



Main Course (Veg)

Soya Chaap Masala | Methi Matar Malai

Main Course (Non-Veg)

Butter Chicken

Daal and Rice

Yellow Daal Fry | Onion Mint Pulao

Indian Breads

Assorted Breads | Phulka | Ajwain Roti

Yogurt

Burhani Raita



1st and 3rd Weeks, Thursday

BREAKFAST- 7:15 A.M.-7:55 A.M.



Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Vermicelli Upma | Indori Poha | Green Chutney | Jalebi

Egg of the Day

Egg Akuri

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread



Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choice of cereals

Fresh Fruits

Freshly-cut Fruits

Juices

Mango Shake | Fresh Juice



Continental Preparation

Dry Fruits Oats



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Ranch | Herb Oil

Main Course (Veg)

Paneer Bhurji | Sabzi Haryali

Main Course (Non-Veg)

Mahi Fish Curry

Daal and Rice

Green Moong Daal Tadka | Steam Rice

Indian Breads

Assorted Breads | Phulka | Tawa Paratha

Yogurt

Butter Milk



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Tomato Rasam



Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

South Indian Assorted Compound Salad



Salad Dressings - I and II

Main Course (Veg)

Mix Veg Turan | Veg Stew

Main Course (Veg | Non-Veg)

Andhra Style Chicken Curry

Daal and Rice

Daal Parippu | Curd Rice/Lemon Rice

Indian Breads

Kerala Parantha

Desserts

Moong Daal Payasam



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Fruit Cake | Dhokla | Rooh Afza

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Falafel with Dip



1st and 3rd Weeks, Friday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Ragi Uttapam | Urad Dal ki Kachori with Heeng Aloo Bhaji

Egg of the Day

Broccoli Egg Scrambled

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choice of cereals

Fresh Fruits

Freshly-cut Fruits

Juices

Fresh Fruit Juices

Continental Preparation

Beetroot Pancakes



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Cilantro Lime Dressing | Tomato Salsa

Main Course (Veg)

Shahi Paneer | Aloo Gobhi Adraki

Main Course (Non-Veg)

Katsu Chicken Curry

Daal and Rice

Daal-e-Nizaami | Nawabi Pulao

Indian Breads

Assorted Breads | Phulka | Butter Parantha

Yogurt

Shahi Raita



DINNER- 7:30 P.M.-8 P.M.



Soup of the Day

Daal Shorba

Soup Accompaniments

Bread Sticks | Bun with Butter



Salad Bar



Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Cilantro Lime Dressing | Turmeric Tahini Dressing

Main Course (Veg)

Vegetable Jaipuri | Paneer Pasanda



Main Course (Non-Veg)

Afghani Egg Curry

Daal and Rice

Maa Ki Daal | Moong Daal Khichdi | Steam Rice



Indian Breads

Assorted Breads | Phulka | Tawa Paratha

Desserts

Malpua with Rabdi

SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Fruit Cake | Chhaanch | Cheese Nuggets

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Veg Frankie Roll with Tomato Salsa



1st and 3rd Weeks, Saturday

BREAKFAST- 7:15 A.M.-7:55 A.M.



Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain | Cocoa | Bournvita | Horlicks | Corn Flakes

Main Course (Veg)

Chana Daal Vada | Mix Parantha with Yogurt

Egg of the Day

Egg Benedict



Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter



Choice of Cereals

Choice of cereals served with mixed seeds in a separate jar

Fresh Friuts

Freshly-cut Fruits



Juices

Cold Coffee | Fresh Juice



Continental Preparation

Grilled Tomato

LUNCH- 1:15 P.M.-2 P.M.



Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Tzatziki Dressing | Balsamic Vinaigrette



Main Course (Veg)

Baigan Ka Bharta | Kadhi Pakoda



Main Course (Non-Veg)

Chicken Cacciatore

Daal and Rice

Pindi Chana | Steamed Rice



Indian Breads

Assorted Breads | Phulka | Stuffed Tawa Kulcha



Yogurt

Flavoured Curd



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Asian Noodles Soup



Soup Accompaniments

Bread Sticks | Bun with Butter



Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Tzatziki Dressing | Balsamic Vinaigrette



Main Course (Veg)

Green Thai Curry | Baby Cry Noodles (Pad Thai Noodles)

Main Course (Non-Veg)

Kentucky Fried Chicken



Daal and Rice

Harissa Spiced Cauliflower Steak | Thai Basil and Lime Leaf Fried Rice

Indian Breads

Focaccia Bread

Desserts

Chao Kuai

SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Whole Fruits | Fresh ABC Juice

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Veg Burger with Tomato Sauce



1st and 3rd Weeks, Sunday

BREAKFAST



Mumbai Masala Sandwich
Hot and Cold Milk to be served in both
boarding houses at 7:30 a.m.



Theme-based Sunday Brunch to be served from 11a.m. To 1 p.m.

Detox Water | Banana Smoothie

Soup of The Day

(Sweet Corn Soup) with chicken in a separate bowl

Salad Dressings



Chef's Choice Compound Salad (Six Varieties)

Main Course (Veg)

Live Assorted Pasta Counter (Veg | Non-Veg)

Veg | Non-Veg Pizza | Live Pani Puri | Aloo Tikki | Dahi Gujiya

Waffles | Veg Burrito

Main Course (Non-Veg)

Korean Scallion Pancakes

Daal and Rice

Mysore Masala Dosa | Hyderabad Dum-Pukht Biryani (Non-Veg)

Indian Breads

Parantha | Roti

Yogurt

Plain Cup Yogurt

Indian Desserts

Focaccia Bread | Garlic Loaf | Donuts | Chocolate Fountain



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Rustic Cabbage Soup



Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar



Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Tzatziki Dressing | Balsamic Vinaigrette



Main Course (Veg)

Pav Bhaji | Diwani Sabz Handi

Main Course (Non-Veg)

Parmesan Crusted Chicken with Creamy Garlic Sauce

Daal and Rice

Daal Tadka | Veg Tahiri



Indian Breads

Phulka | Methi Parantha

Desserts



Brownie with Chocolate Sauce

SNACKS

Served at 4pm - 4:30pm)

Assorted Ice Cream

Tea | Coffee | Cookies | Refreshment Drink | Fruit Cake

2nd and 4th Weeks, Monday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Horlicks

Main Course (Veg)

Aloo Parantha with Yogurt | Bise Billi Bhaat | Sambar |
Chutney | Idli | Cheese Sandwich

Main Course (Egg)

Egg Benedict

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Corn Flakes

Fresh Friuts

Freshly-cut Fruits

Juices

Fresh Fruit Juices

Continental Preparation

Steamed Vegetable



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings

Honey Lemon Vinaigrette | Garlic Yogurt

Main Course (Veg)

Palak Paneer | Bhindi Masala

Main Course (Non-Veg)

Rohu Fish Curry

Daal and Rice

Daal Nizami | Steamed Rice

Indian Breads

Assorted Breads | Phulka | Ajwain Chapaati

Yogurt

Pahadi Raita



DINNER- 7:30 P.M.-8 P.M.

Soup Of The Day

Minestrone soup with Diced Chicken in a Separate Bowl



Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings - I and II

Classic Vinaigrette | Tahini Lemon Dressing

Main Course (Veg)

Chilli Garlic Tofu (Gravy) | Wok Tossed Vegetable In Hot Garlic Sauce

Main Course (Non-Veg)

Chicken Lollipop

Daal and Rice

Vegetable Spring Roll | Schzewan Noodles | Bamboo Fried Rice

Indian Breads

Desserts

Choice of Ice Cream with Accompaniments



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Fruit Cake | Coconut Water | Raj Kachori

Evening Snack (6pm - 6:30 pm)

Tea | Coffee | Cookies | Refreshment Drink | Mini Samosa



2nd and 4th Weeks, Tuesday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Plain Cocoa

Main Course (Veg)

Poha | Coconut Chutney | Jalebi | Masala Dosa | Baked Beans

Main Course (Egg)

Shakshuka

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choco Flakes

Fresh Fruits

Freshly-cut Fruits

Juices

Spinach Cucumber Smoothie | Fresh Juice

Continental Preparation

Tomato Provencal

DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Tomato Dhaniya Shorba

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings - I and II

Thousand Island | Ranch

Main Course (Veg)

Paneer Takatak | Veg Jaipuri

Main Course (Non-Veg)

Chicken Changeji

Daal and Rice

Dal Bukhara | Jeera Rice

Indian Breads

Assorted Breads | Phulka | Methi Phulka | Triangle Paratha

Desserts

Chocolate Truffle Pastry

SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Muffins | Aloo Bonda | Lemonade

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Fruit Cake | Whole Fruits

LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in Separate Bowls and Sprout of the Day

Salad Dressings

Thousand Island | Pesto Mayo

Main Course (Veg)

Chana Masala | Subz Makhanwala

Main Course (Non-Veg)

Lamb Rogan Josh

Daal and Rice

Daal Double Tadka | Jeera Rice

Indian Breads

Assorted Breads | Phulka | Palak Puree Chapaati

Yogurt

Plain Yogurt

2nd and 4th Weeks, Wednesday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Bournvita

Main Course (Veg)

Medu Wada | Paneer Parantha | Masala Oats

Egg of the Day

Scrambled Egg

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Muesli

Fresh Friuts

Freshly-cut Fruits

Juices

Fresh Fruit Juices

Continental Preparation

Dry Fruit Porridge



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Honey Mustard Dressing | Mint Lime Dressing

Main Course (Veg)

Punjabi Kadhi Pakoda | Aloo Methi Dry

Main Course (Non-Veg)

Kadhai Chicken

Daal and Rice

Subzi Miloni | Steamed Rice

Indian Breads

Assorted Breads | Phulka | Beetroot Roti

Yogurt

Mix -Veg Raita



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Lung Fung soup with Diced Chicken in a Separate Bowl

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Honey Mustard Dressing | Cilantro Lime Dressing

Main Course (Veg)

Paneer Butter Masala | Mushroom Mutter

Main Course (Non-Veg)

Baked Fish (Rohu)

Daal and Rice

Moong Dal Tadka | Navratna Pulao

Indian Breads

Assorted Breads | Phulka | Tawa Lacha Paratha

Desserts

Kalaakand



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Chocolate Cake | Dhokla | Sweet Lassi

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Veg Frankie Roll



2nd and 4th Weeks, Thursday

BREAKFAST- 7:15 A.M.-7:55 A.M.



Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Hot Chocolate

Main Course (Veg)

Veg Upma | Poori Bhaji | Pancakes with Maple Syrup

Egg of the Day

Spinach Quiche

Breads

Whole-Wheat Bread | Multigrain Bread | White Bread



Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Corn Flakes

Fresh Fruits

Freshly-cut Fruits

Juices

Oreo Shake | Fresh Juice

Continental Preparation

Masala Oats

LUNCH- 1:15 P.M.-2 P.M.



Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Ranch | Herb Oil

Main Course (Veg)

Soya Chaap Masala | Gobhi Matar Dry

Main Course (Non-Veg)

Butter Chicken

Daal and Rice

Palak Daal | Steam Rice

Indian Breads

Assorted Breads | Phulka | Tawa Paratha



Yogurt

Pineapple Raita



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Cream of Broccoli



Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

South Indian Assorted Compound Salad

Salad Dressings - I and II

Ranch | Ginger Sesame Dressing

Main Course (Veg)

Subz Baghe Bahar | Baked Creamy Spinach

Main Course (Veg | Non-Veg)

Roasted Chicken With Mashed Potato | Veg. Live Pasta Station Chef's Choice

Daal and Rice

Garlic Mushroom Risotto | Veg Pulao with Salan

Indian Breads

Assorted Breads | Phulka | Palak Roti

Desserts

Fruit Cream



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Donuts | Orange Tang

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Falafel with Dip



2nd and 4th Weeks, Friday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk
Hot and Cold Milk | Lactose Milk

Milk Accompaniments
Bournvita

Main Course (Veg)
Masala Dosa with Sambar and Chutney | Luchi | Ghugni

Egg of the Day
Poached Egg

Breads
Whole-Wheat Bread | Multigrain Bread | White Bread

Breads Accompaniments
Butter | Jam | Peanut Butter

Choice of Cereals
Corn Flakes

Fresh Friuts
Freshly-cut Fruits

Juices
Fresh Fruit Juices

Continental Preparation
French Toast



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar
Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings
Cilantro Lime Dressing | Tomato Mustard

Main Course (Veg)
Matar Paneer | Mixed Veg Korma

Main Course (Non-Veg)
Hawaiian Grilled Chicken with Grilled Pineapple

Daal and Rice
Daal Panchmel | Steamed Rice

Indian Breads
Assorted Breads | Phulka | Coriander Chapaati

Yogurt
Cucumber Raita



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day
Manchow soup with Diced Chicken in a Separate Bowl

Soup Accompaniments
Bread Sticks | Bun with Butter

Salad Bar
Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II
Cilantro Lime Dressing | Turmeric Tahini Dressing

Main Course (Veg)
Tawa Veg | Mushroom Stroganoff

Main Course (Non-Veg)
Hyderabadi Mutton Biryani With Salan

Daal and Rice
Daal Double Fry | Jeera Rice

Indian Breads
Assorted Breads | Phulka | Plain Parantha

Desserts
Fruit Custard



SNACKS

Morning Snack (10:35am - 11:00am)
Tea | Coffee | Cookies | Dhokla | Chhaanch

Afternoon Light Snack (3:30pm - 4pm)
Tea | Coffee | Cookies | Refreshment Drink |
Mexican Tortilla Wrap with Tomato salsa



2nd and 4th Weeks, Saturday

BREAKFAST- 7:15 A.M.-7:55 A.M.

Milk

Hot and Cold Milk | Lactose Milk

Milk Accompaniments

Horlicks

Main Course (Veg)

Kanchipuram Idli with Sambar and Chutney | Gobhi Parantha with Yogurt

Egg of the Day

Boiled Egg

Breads

Whole-Wheat Bread | Donuts

Breads Accompaniments

Butter | Jam | Peanut Butter

Choice of Cereals

Choco Flakes

Fresh Friuts

Freshly-cut Fruits

Juices

Chocolate Shake | Fresh Juice

Continental Preparation

Dates and Banana Porridge



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Hot and Sour Soup with Diced Chicken in a Separate Bowl

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Tzatziki Dressing | Balsamic Vinaigrette

Main Course (Veg)

Paneer Punjabi Phatka | Aloo Soya Masala

Main Course (Non-Veg)

Egg Curry

Daal and Rice

Daal Makhni | Veg Pulao

Indian Breads

Assorted Breads | Phulka | Spinach Breads | Plain Chapaati

Desserts

Gulab Jamun



SNACKS

Morning Snack (10:35am - 11:00am)

Tea | Coffee | Cookies | Whole Fruits | Churros | Fresh ABC Juice

Afternoon Light Snack (3:30pm - 4pm)

Tea | Coffee | Cookies | Refreshment Drink | Veg Burger with Tomato Sauce



LUNCH- 1:15 P.M.-2 P.M.

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings

Tzatziki Dressing | Balsamic Vinaigrette

Main Course (Veg)

Cabbage Matar | Aloo Tomato Rassa

Main Course (Non-Veg)

Mutton Korma

Daal and Rice

Rajma Rasila | Fried Onion Pulao | Spaghetti aglio olio

Indian Breads

Assorted Breads | Phulka | Poori

Yogurt

Plain Yogurt



2nd and 4th Weeks, Sunday

BREAKFAST



Masala Toast Sandwich
Hot and Cold Milk to be served in both
boarding houses at 7:30 a.m.



Theme-based Sunday Brunch to be served from 11a.m. To 1 p.m.

Detox Water | Banana Smoothie

Soup of The Day

Burnt Garlic and Leek Soup

Salad Dressings

Chef's Choice Live Salad Bar

Main Course (Veg)

Live Assorted Pasta Counter (Veg/Non-Veg) | Live Nachos Counter |

Live Pani Puri | Aloo Tikki | Waffles | Quesadilla

Main Course (Non-Veg)

Murgh Ka Salaan

Daal and Rice

Pav Bhaji | Mexican Rice (Non-Veg)

Indian Breads

Parantha | Roti

Yogurt

Plain Cup Yogurt

Indian Desserts

Dry Fruit Kheer



DINNER- 7:30 P.M.-8 P.M.

Soup of the Day

Minestrone soup with Diced Chicken in a Separate Bowl

Soup Accompaniments

Bread Sticks | Bun with Butter

Salad Bar

Assorted Salad Greens in separate bowls and Sprout of the Day

Salad Dressings - I and II

Greek Salad Dressing | Caesar Dressing

Main Course (Veg)

Paneer Lababdar | Mac and Cheese Pasta

Main Course (Non-Veg)

Grilled Chicken with Mashed Potato

Daal and Rice

Daal Tadka | Steamed Rice

Indian Breads

Focaccia Bread | Garlic Loaf | Phulka

Desserts

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SNACKS

Served at 4pm - 4:30pm)

Mozzarella Stuffed Cheese Nuggets | Whole Fruits | Banana Smoothie