

WEEKLY MENU FEB (2024) 1 & 3 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY

BREAKFAST

Idli sambhar

Coconut chutney

Boost milk

Steamed sprouts salad

LUNCH

Palak paneer

Choley masala

Pea steamed rice

Oats chapatti

Moong dal halwa

Dispersal Snack (GradeK1-5)

K1 k2 Moong dal burfi
Banana/orange

TUESDAY

BREAKFAST

Atta pav with bhaji

Pudina dhaniya chutney

Hot kesar milk

Macroni peanut corn salad

LUNCH

Gajar Matar

Channa dal tadka

Beetroot rice

Bazra Chapatti

Greek salad

Dispersal Snack (GradeK1-5)

Chocolate Crozon

WEDNESDAY

BREAKFAST

Aloo parantha

Pickle/ketchup

Chocos/museli milk

Oats chocolate brownie

LUNCH

Mix veg

Kadhi pakoda

Steamed rice

Ragi roti

Corn beetroot carrot kuchumber
salad

Dispersal Snack (GradeK1-5)

Orange

THURSDAY

BREAKFAST

Peanut mix veg poha

Salsa chutney

Daliya porridge with Brown sugar

Seasonal fruit

Paneer parantha k1 k2 option

LUNCH

Saag tadka

Maa ki dal

Makki ki roti

Steamed rice

Boondi raita

Dispersal Snack (GradeK1-5)

Corn veg patties

FRIDAY

BREAKFAST

Masala potato brown bread sandwich

Ketchup/green chutney

Green sprout peanut salad

Milk Cornflakes

LUNCH

Bedami poori / veg atta doodles

Rajsthani kadhi/veg Manchurian

Zeera rice/ tom Soup

Petha masala/ fried rice

Panjiri ladoo / chocolate cake

Dispersal Snack (GradeK1-5)

Panjiri ladoo for k1 k2
Oats ragi cookies

WEEKLY MENU FEB (2024) 2 & 4 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Masala poori	Uttapam sambhar	Gobhi parantha
Aloo bhaji	Coconut chutney	Salsa chutney and pickle
Kala chana chaat	Orange	Oats peanut cookies
Bournvita milk	Daliya porridge with jaggery	chocolate milk
	K1 and k2 (optional) plain utappam and Horlicks milk	
LUNCH	LUNCH	LUNCH
Matar paneer	Gobhi masala	Palak corn
Mix dal tadka	Dal Makhani	Arhar dal tadka
Steam rice	Saffron rice	Steamed Rice
Oats chapatti	Plain Chapatti	Mix bran chapatti
Gajar ka halwa	Kachumber corn beetroot salad	Shahi tukda
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)
Gajarhalwa burfi for K1 k2 Banana	Oats atta mufin	Banana

THURSDAY
BREAKFAST
Moong dal chilla
Salsa chutney
Three bean salad
Boost milk
Bread butter jam optional k1 k2
LUNCH
Pindi choley
Mix veg/paneer kofta
Zeera rice
Ajwain poori
Greek salad
Dispersal Snack (GradeK1-5)
Panner patties

FRIDAY
BREAKFAST
Brown Bread Roll/Aloo bonda
Green/Salsa chutney
Mix cut fruit(apple/papaya/annar)/fruit
Sabudana porridge/Horlicks milk(k1 k2)
LUNCH
Masala Dosa/Atta kulcha matar
Idli/ Aloo tikki
Sambhar/ papdi bhalla chaat
Lemon rice/ Green chutney
Coconut chutney/ salsa chutney
Rasgulla/ gulab jamun
Dispersal Snack (GradeK1-5)
Seasonal Fruit

Vegetable sandwiches will always be available in cafeteria, if some students want to have instead of breakfast menu provided.

Calorie Count as per 1 serve.

Breakfast = 350 to 400 Kcal

Lunch: 500 to 700 Kcal

Snack: 60 to 200 kcal

RDA REQUIRED FOR CHILDRENS AS PER IDEAL BMI

Children	Age	Calories(kcal)	Protein (gm)
	1-3yrs	1000	11
	4-6yrs	1350	13
	7-9yrs	1700	19
Boys	10-12y	2200	27
Girls	10-12y	2000	27
Boys	13-15y	2800	37
Girls	13-15y	2400	35
Boys	16-18y	3300	45
Girls	16-18y	2500	37