

WEEKLY MENU APRIL (2024) 1 & 3 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY

BREAKFAST

Veg uttapam with coconut chutney

Milk with museli

Green moong sprout

K1 k2 veg parantha optional.

LUNCH

Rajmah masala

Besan aloo gobhi masala/Aloo masala.

Burnt onion pulao

Oats chapatti

Boondi raita

**Dispersal Snack
(GradeK1-5)**

Seasonal fruit

TUESDAY

BREAKFAST

Veg poha with green chutney

Milk Daliya

Seasonal fruit

K1 k2 bread butter optional

LUNCH

Mix dal tadka

Shahi paneer/Ghiya Masala

Steamed rice

Tawa roti

Beetroot corn cucumber salad

**Dispersal Snack
(GradeK1-5)**

Paneer patties

WEDNESDAY

BREAKFAST

Mix sauce corn veg pasta

Boost milk

Rajmah bean salad

LUNCH

Punjabi kadhi

Mix veg

Steamed rice

Tawa roti

Jalebi

**Dispersal Snack
(GradeK1-5)**

Seasonal fruit

THURSDAY

BREAKFAST

Chana dal aloo pyaz parantha with butter/salsa chutney

Milk Cornflakes

Seasonal fruit

LUNCH

Arhar dal tadka

Kadhai panner/kurkuri bhindi

Missi roti

Zeera rice

Dahi bhalla with saunth

**Dispersal Snack
(GradeK1-5)**

Vanilla fruit muffin

FRIDAY

BREAKFAST

Cheese corn sandwich with ketchup

Milk chocos

Kala chana chaat

LUNCH

Amritsari choley/Hakka noodles

Pyaz wale rice/Chilli panner Gravy

Poori/ fried rice

Achari aloo/honey Chilli potato.

Shahi tukda/ ice cream

Green chutney/tomato basil sause

**Dispersal Snack
(GradeK1-5)**

Seasonal fruit

WEEKLY MENU APRIL (2024) 2 & 4 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Pav bhaji with green chutney	Green moong dal chilla with salsa chutney	Idli with sambhar and coconut chutney
Daliya porridge	Milk with Ragi loops	Milk museli
Chick pea salad	Seasonal fruit	Coconut macroons
	K1 k2 bread jam optional.	K1 k2 Bread jam
LUNCH	LUNCH	LUNCH
Soya chaap curry/Malka massor tadka	Dal makhani	Moong sabut
Ghiya kofta	Shahi paneer	Gotta curry
Steamed rice	Pea pulao	Steamed Rice
Tawa chapatti	Plain Chapatti	Mix bran chapatti
Suji halwa	Mix veg raita	Rice kheer.
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)
Seasonal fruit	Coconut ladoo	Seasonal fruit
THURSDAY	FRIDAY	
BREAKFAST	BREAKFAST	
Masala poori with aloo bhaji	Bread pakoda with green chutney	
Milk chocos	Sabudana porridge	
Seasonal fruit	Chocochip cookies.	
LUNCH	LUNCH	
Choley masala	Masala Dosa/Wheat pasta	
Matar panner/aloo matar	Idli/ Garlic bread	
Zeera rice	Sambhar/	
Plain Chapatti	Lemon rice/ veg Biryani	
Achari salad	Coconut chutney/ boondi raita raita	
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	
Oats Muffin	Pysum / chocolava cake	
	Dispersal Snack (GradeK1-5)	
	Banana	

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