

WEEKLY MENU Jan (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

Jalebi

Dispersal Snack (GradeK1-5)

Banana/orange

TUESDAY

BREAKFAST

Atta pav with bhaji

Macroni corn salad

Milk chocos/museli

Banana

LUNCH

Gajar Matar

Black Masoor dal

Steamed rice

Plain Chapatti

Greek salad

Dispersal Snack (GradeK1-5)

Chocolate Crozon

WEDNESDAY

BREAKFAST

Mix veg parantha

Pickle/zeera aloo

Chocolate milk

Oats chocolate brownie

LUNCH

Mix veg

Kadhi pakoda

Beetroot rice

Ragi roti

Corn beetroot carrot kuchumber
salad

Dispersal Snack (GradeK1-5)

Orange

THURSDAY

BREAKFAST

Veg atta vermicelli

Salsa chutney

Daliya porridge with Brown sugar

Seasonal fruit

Aloo parantha(k1 k2) Optional

LUNCH

Saag

Maa ki dal

Makki roti

Steamed rice

Hot atta halwa

Dispersal Snack (GradeK1-5)

Corn veg patties

FRIDAY

BREAKFAST

Grilled cheese Coleslaw 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

Rajmah masala/ fried rice

Besan Barfi/ gulab jamun

Dispersal Snack (GradeK1-5)

Besan Barfi for k1 k2

Oats ragi cookies

WEEKLY MENU Jan (2024) 2 & 4 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Masala poori	Uttapam sambhar	Moong dal cheela
Aloo bhaji	Coconut chutney	Tomato salsa chutney
Kala chana chaat	Orange	Three bean salad
Bournvita milk	Daliya porridge with jaggery	chocolate milk
	K1 and k2 (optional) plain utappam and Horlicks milk	K1 k2 (optional) bread butter jam
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	Greek salad
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)
Gajarhalwa burfi for K1 k2 Banana	Oats atta mufin	Banana

THURSDAY
BREAKFAST
Gobhi parantha
Salsa chutney and pickle
Peanut otsa cookies
Boost milk
LUNCH
Pindi choley
Ghar ka petha
Zeera rice
Ajwain poori
Hot sooji halwa
Dispersal Snack (GradeK1-5)
Panner patties

FRIDAY
BREAKFAST
Veg vermicill
Green/Salsa chutney
Mix cut fruit(apple/papaya/annar)/fruit
Sabudana porridge/Horlicks milk(k1 k2)
Panner parantha for (k1 k2) Optional
LUNCH
Masala Dosa/vegetable atta noodles
Idli/ veg manchoorian
Sambhar/ tomato soup
Lemon rice/ fried rice
Coconut chutney/ salsa chutney
Rasgulla/ chocolate cake
Dispersal Snack (GradeK1-5)
Chocolate cake

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