

WEEKLY MENU MARCH (2024) 1 & 3 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY

BREAKFAST

Sambhar vada/idli

Coconut chutney

Mix sauce Macaroni

Boost milk

LUNCH

Red masoor dal

Palak paneer

Burnt onion pulao

Oats chapatti

Boondi raita

Dispersal Snack (GradeK1-5)

Chocolate crozon

TUESDAY

BREAKFAST

Pav bhaji

Green chutney

Green moong sprouts

Chocolate milk

LUNCH

Uradh Dal fry

Mix Vegetable

Steamed rice

Tawa roti

Kesar suji halwa

Dispersal Snack (GradeK1-5)

Seasonal fruit

WEDNESDAY

BREAKFAST

Aloo pyaz parantha

Pickle and curd

Seasonal fruit

Choco chip cookies

LUNCH

Kadhi pakoda

Beans aloo

Chilli Basil fried rice

Ragi roti

Beetroot carrot cucumber salad.

Dispersal Snack (GradeK1-5)

Paneer patties

THURSDAY

BREAKFAST

Bedami poori

Aloo curry

Naan khatai

Daliya porridge

LUNCH

Rajmah masala

Ghiya tadka

Missi roti

Zeera rice

Dahi bhalla with saunth

Dispersal Snack (GradeK1-5)

Vanilla fruit muffin

FRIDAY

BREAKFAST

Stuffed Bread pakoda

Ketchup/green chutney

Three bean Corn salad

Bournvita milk

LUNCH

Amritsari choley/Hakka noodles

Zera rice/veg Manchurian

Poori/ fried rice

Latpata aloo chaat/ kimchi salad

Jalebi/ chocolate brownie

Green chutney/tomato basil sause

Dispersal Snack (GradeK1-5)

Seasonal fruit

WEEKLY MENU MARCH (2024) 2 & 4 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Matar kulcha	Aloo pyaz Parantha	Veg peanut poha
Green chutney	Pickle/ tomato chutney	Potato sandwich
Sprout salad	Seasonal fruit	Tomato salsa chutney
Horlicks milk	Milk Cornflakes	Boost milk
		K1 k2 Bread jam
LUNCH	LUNCH	LUNCH
Dal makhani	Black channa masala	Dal Bukhara
Soya matar bhurji	Shahi paneer	Malai kofta
Steamed rice	Pea pulao	Steamed Rice
Jawar chapatti	Plain Chapatti	Mix bran chapatti
Russian salad	Rice kheer	Cucumber raita
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)
Seasonal fruit	Marble cake	Baked samosa

THURSDAY
BREAKFAST
Paneer stuffed Besan chilla
Green chutney/ketchup
Banana
Milk choccos
K1 k2 Bread butter jam
LUNCH
Dal panchratan
Dahi wale aloo
Zeera rice
Plain Chapatti
Achari salad
Dispersal Snack (GradeK1-5)
Oats Muffin

FRIDAY
BREAKFAST
Grilled cottage cheese sandwich
Ketchup/Dip
Kala channa chaat
Bournvita milk
LUNCH
Masala Dosa/Wheat pasta
Idli/ Garlic bread
Sambhar/ peri peri fries
Lemon rice/ veg Biryani
Coconut chutney/ mint pudina raita
Besan burfi/ 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