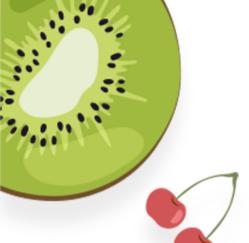
## WEEKLY MENU MAY (2024) 1 & 3 WEEK KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Aloo poori	Veg poha with Namkeen and green chutney	Aloo pyaz parantha
Roofza lassi	Bournvita milk	Curd and pickle
Banana	Green moong sprouts.	Chick pea salad
LUNCH	LUNCH	LUNCH
Mix dal tadka	Rajmah curry	Kadhi pakoda
Shahi panner	Ghiya aloo curry	Aloo beans
Pea pulao	Steamed rice	Steamed rice
Oats chapatti	Tawa roti	Tawa roti
Boondi raita	Corn cucumber onion salad	Kesar phirni
Dispersal Snack (GradeNur-5)	Dispersal Snack (Grade Nur -5)	Dispersal Snack (Nur-5)
ats blue berry mufin	Grappes	Panner patties

THURSDAY
BREAKFAST
Idli with coconut chutney
Milk chocos
Oats brownee
LUNCH
Arhar dal tadka
Aloo bhindi
Dal parantha
Zeera rice
Dahi bhalla with saunth
Dispersal Snack
•
(Grade Nur-5)
Banana

FRIDAY			
BREAKFAST			
Veg atta vermicili			
Milk with Museli			
Hung curd Vegetables sandwich with mozzarella cheese			
LUNCH			
Choley/dal makhani			
Pea pulao/ zera rice			
Bhatura/ poori			
Laccha onion/Dum aloo with Vadi			
Ice cream/ sooji halwa			
Green chutney/boondi raita.			
Dispersal Snack			
(Grade Nur-5)			
Ragi cookies.			









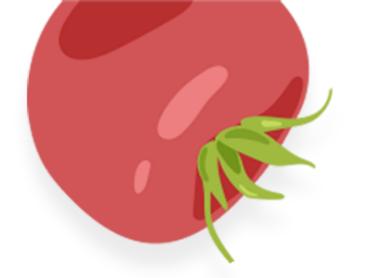


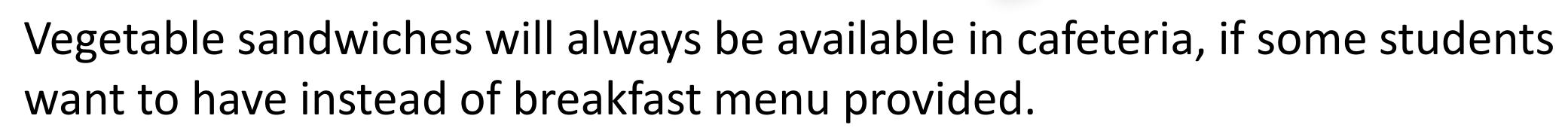
## WEEKLY MENU May (2024) 2 & 4 WEEK KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
Vada with Dal chutney	Atta pav bhaji	Uttapam and coconut chutney
Milk daliya	Milk with chocos	Horlicks milk
Oats muffin	Seasonal fruit	Mix Sprouts
LUNCH	LUNCH	LUNCH
Dhaba dal	Dal makhani	Kala channa Curry
Bharwa baingan	Aloo matar	Khata metha petha
Steamed rice	Pea pulao	Steamed Rice
Tawa chapatti	Chapatti	Mix bran chapatti
Pysum.	Mix veg raita	Shahi tukda
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)
Banana	Marble cake	Grapes









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



