

# WEEKLY MENU NOV (2023) 1 & 3 WEEK

## KOTHARI INTERNATIONAL SCHOOL

### MONDAY

#### BREAKFAST

Soft moong dal chilla

Salsa chutney

Boost milk

Three bean salad

#### LUNCH

Kadhai paneer

Arhar dal tadka

Pea steamed rice

Oats chapatti

Gulab jamun

#### Dispersal Snack (GradeK1-5)

Banana

### TUESDAY

#### BREAKFAST

Masala veg idli

Coconut chutney

Milk chocos/museli

Chocolate brownie

#### LUNCH

Aloo methi

Rajmah Masala

Steamed rice

Plain Chapatti

Kuchumber salad

#### Dispersal Snack (GradeK1-5)

Chocolate Crozon

### WEDNESDAY

#### BREAKFAST

Green pea parantha

Pickle/channa Bhaji

Chocolate milk

Pear/orange

#### LUNCH

Adraki gobhi

Black massor dal

Beetroot rice

Ragi roti

Dahi bhalla with sonth

#### Dispersal Snack (GradeK1-5)

Orange

### THURSDAY

#### BREAKFAST

Veg peanut poha

Mint Chutney/ketchup

Daliya porridge with Brown sugar

Fruit pear

#### Paneer parantha( k1 k2) Option

#### LUNCH

Saag

Channa dal tadka

Missi roti

Steamed rice

Veg raita

#### Dispersal Snack (GradeK1-5)

Corn veg patties

### FRIDAY

#### BREAKFAST

Grilled cheese Coleslaw sandwich

Ketchup/green chutney

Green moong sprouts

Milk Cornflakes

#### LUNCH

Bedami poori / methi parantha

Rajsthani kadhi/dal makhani

Zeera rice/ nutri pulao

Choley masala/ Dahi bhalla sonth

Kesar halwa/ Besan burfi

#### Dispersal Snack (GradeK1-5)

Seasonal fruit

# WEEKLY MENU NOV (2023) 2 & 4 WEEK

## KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Atta kulcha	Palak Parantha	Veg atta vermicelli
Matar bhaji	Aloo bhaji	Tomato chutney
Banana	Apple/Banans	Macroni corn salad
Badam milk	Sabudana porridge	Boost milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Matar panner	Ghiya Masala	Palak kofta
Moong masoor dal	Black Chana curry	Dal Makhani
Veg Biryani	Saffron rice	Steamed Rice
Oats chapatti	Plain Chapatti	Mix bran chapatti
Palak raita	Jalebi	Boondi raita
<b>Dispersal Snack (GradeK1-5)</b>	<b>Dispersal Snack (GradeK1-5)</b>	<b>Dispersal Snack (GradeK1-5)</b>
Chocolate cake slice	Veg panner patties	Seasonal fruit/orange

THURSDAY
<b>BREAKFAST</b>
Gobhi parantha
Salsa chutney and pickle
Banana
Daliya porridge
<b>LUNCH</b>
Rajmah Masala
Mix veg
Zeera rice
Plain Chapatti
Dahi bhalla with saunth
<b>Dispersal Snack (GradeK1-5)</b>
Fruit Muffin

FRIDAY
<b>BREAKFAST</b>
Veg peanut upma
Veg dal daliya
Kala channa chaat
Bournvita milk
<b>LUNCH</b>
Masala Dosa/Wheat pasta
Idli/ Garlic bread
Sambhar/ tomato soup
Lemon rice/ veg Biryani
Coconut chutney/ mint pudina chutney
Coconut ladoo/ chocolava cake
<b>Dispersal Snack (GradeK1-5)</b>
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

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