

<p style="text-align: center;">WEEKLY MENU OCT 1 & 3 week</p> <p style="text-align: center;">KOTHARI INTERNATIONAL SCHOOL</p>	<p style="text-align: center;">MONDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Mix vegetable Paratha. Curd/Pickle Mix Sprouts</p> <p style="text-align: center;"><u>LUNCH</u> Dal Dhaba Kadhai Paneer Zeera Rice Ragi Chapatti Beetroot Cucumber corn salad.</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Seasonal fruit</p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Pav Bhaji Chocolate brownie Pudina Chaach/Horlicks milk</p> <p style="text-align: center;"><u>LUNCH</u> Palak Corn Rajma Masala Steamed rice Plain Chapatti Coconut Burfi</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Corn veg patties</p>
	<p style="text-align: center;">Wednesday</p> <p style="text-align: center;"><u>BREAKFAST</u> Veg Vermicelli Tomato chutney Sabu dana Porridge Macroni corn salad</p> <p style="text-align: center;">Bread jam (Optional k1 k2)</p> <p style="text-align: center;"><u>LUNCH</u> Kashmiri Dum Aloo Arhar dal tadka Steamed Rice Oats Roti Dahi Bhalla with sonth</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Seasonal fruits</p>	<p style="text-align: center;">THURSDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Veg Peanut poha with Mint Chutney Daliya porridge with Brown sugar Fruit (Pear)</p> <p style="text-align: center;">Chocolate spread sandwich(Optional k1 k2)</p> <p style="text-align: center;"><u>LUNCH</u> Ghar ka petha Pindi Choley Masala Poori Steamed Rice Veg raita</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Chocolate cake slice</p>

RDA Required for Childrens as per Ideal BMI

Children	Age	Calories (kcal)	Protein (gm)
	1-3yrs	1000	11
	4-6yrs	1350	13
	7-9 yrs	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
<p style="text-align: center;">WEEKLY MENU OCT 2 & 4 week</p> <p style="text-align: center;">KOTHARI INTERNATIONAL SCHOOL</p>	<p style="text-align: center;">MONDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Ajwain parantha Channa bhaji Seasonal Fruit BadaM Milk</p> <p style="text-align: center;"><u>LUNCH</u> Shahi panner. Arhar dal tadka Veg Biryani Oats chapatti Dahi bhalla with sonth</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Choco chip Cookies</p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Mozzarella cheese vegetable sandwich Daliya Porridge with brown sugar Mix Sprouts</p> <p style="text-align: center;"><u>LUNCH</u> Ghiya Masala Mix dal Saffron rice Plain chapatti Rice kheer</p> <p style="text-align: center;"><u>Dispersal Snack (GradeK1-5)</u> Seasonal Fruit</p>	
	<p style="text-align: center;">Wednesday</p> <p style="text-align: center;"><u>BREAKFAST</u> Idli with sambhar and coconut chutney Pear fruit Bournvita Milk chocolate Spread Sandwich (Optional)</p> <p style="text-align: center;"><u>LUNCH</u> Kurkuri bhindi/Gobhi masala Dal Makhani Steamed rice Ragi chapati Boondi raita</p> <p style="text-align: center;"><u>Dispersal Snack (Grade K1-5)</u> Fruit Muffin</p>	<p style="text-align: center;">THURSDAY</p> <p style="text-align: center;"><u>BREAKFAST</u> Masala Poori Aloo tamatar curry Sweet lassi Kala channa chat</p> <p style="text-align: center;"><u>LUNCH</u> Tawa subz masala Moong Dal Adraki Pea pulao Plain chapati Jalebi</p> <p style="text-align: center;"><u>Dispersal Snack (Grade K1-5)</u> Banana/Seasonal Fruit</p>	<p style="text-align: center;">Friday</p> <p style="text-align: center;"><u>BREAKFAST</u> Bread Roll/ Aloo Bonda Red and green chutney Seasonal fruit Milk cornflakes</p> <p style="text-align: center;"><u>LUNCH</u> Veg uttapam (2nd week) Choley Bhatura(4th week) Medu vada (2nd week) Aloo pudina chaat (4th week) Sambhar (2nd week) Bhalla papdi (4th week) Curd rice (2nd week)/steamed rice (4th week) Coconut chutney (2nd week) Green and Red Chutney (4th week) Multigrain ladoo/Shahi tukda</p> <p style="text-align: center;"><u>Dispersal Snack (Grade K1-5)</u> Aloo Paneer patties</p>

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