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

MONDAY
BREAKFAST
Idli sambhar
Coconut peanut chutney
chocolate milk
seasonal fruit
LUNCH
Mix Dal
Matar panner
Zeera steamed rice
Oats chapatti
Cake custard
Salad chef choice
Dispersal Snack (GradeK1-5)

TUESDAY
BREAKFAST
Atta pav with bhaji
Green chutney
Milk chocos/museli
Macroni corn salad
LUNCH
Rajmah curry
Bhindi do pyaza
Burnt onion rice
Plain Chapatti
Ghiya raita
Dispersal Snack (GradeK1-5)
Seasonal fruit

WEDNESDAY	
BREAKFAST	
Veg peanut poha	
Green chutney	
Daliya porridge	
Badam milk	
K1 k2 paneer parantha	
LUNCH	
Arhar dal tadka	
Ghiya kofta	
Plain rice	
Ragi roti	
Mango kheer	
Salad chef choice	
Dispersal Snack (GradeK1-5)	
Atta marble cake	



FRIDAY		
BREAKFAST		
Grilled Aloo brown bread sandwich/ Vada pao		
Ketchup/green chutney		
Seasonal ftuit		
Milk Cornflakes		
LUNCH		
Masala dosa / Choley bhatura/poori		
Idli/aloo tikki		
Sambhar/ bhalla pandit chaat		
Tomato and coconut chutney/ sonth and green chutney		
Keasar halwa/ gulab jamun		
Dispersal Snack		
(GradeK1-5)		
Besan Barfi for k1 k2		
Oats ragi cookies		

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

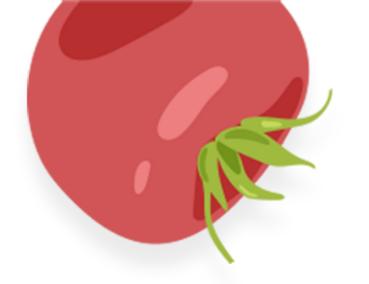
	MONDAY	TUESDAY	WEDNESDAY	
	BREAKFAST	BREAKFAST	BREAKFAST	
	Vegetable parantha	Vegetable paneer cutlet	Veg uttapam with sam	
	Pickle/ salsa chutney	Brown Bread	Coconut peanut chutr	
	Naan khatai	Banana	Atta muffin	
	Curd	Milk Daliya	Milk Cornflakes	
	LUNCH	LUNCH	LUNCH	
	Choley masala	Kadhi pakora	Black masoor dal	
	Mix veg	Aloo Beans	Matar paneer	
	Veg pulao	Zeera rice	Pea Steamed Rice	
	Ragi chapatti	Plain Chapatti	Mix bran chapatti	
	Rice kheer	Kachumber corn beetroot salad	Pysum dessert	
	Salad chef choice		Salad chef choice	
	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	
	Paneer patties	Seasonal fruit	Sweet puff	

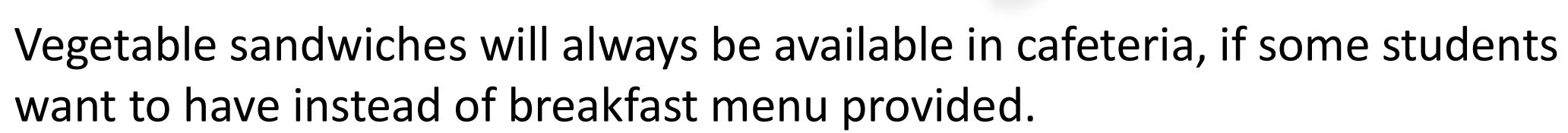
BREAKFAST	BREAKFAST  Veg uttapam with sambhar	
Vegetable paneer cutlet		
Brown Bread	Coconut peanut chutney	
Banana	Atta muffin	
Milk Daliya	Milk Cornflakes	
LUNCH	LUNCH	
Kadhi pakora	Black masoor dal	
Aloo Beans	Matar paneer	
Zeera rice	Pea Steamed Rice	
Plain Chapatti	Mix bran chapatti	
Kachumber corn beetroot salad	Pysum dessert	
	Salad chef choice	
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	
Seasonal fruit	Sweet puff	



Seasonal fruit

FRIDAY
BREAKFAST
Atta kulcha with matar
Green/Salsa chutney
Seasonal fruit
Sabudana porridge/Milk Museli
LUNCH
Wheat pasta/vegetable atta noodles
Garlic bread/ veg manchoorian
Fried rice/ layonise potato
French fries/ veg Biryani with raita
Rajmah bean salad/ salsa chutney
Caramel custard/ chocolate cake
Dispersal Snack (GradeK1-5)
Baked samosa/chocolate Crozon





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 4-6yrs 7-9yrs	1000 1350 1700	<ul><li>11</li><li>13</li><li>19</li></ul>
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

