

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)

Oats honey cookies

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

THURSDAY

BREAKFAST

Aloo pyaz parantha

Curd/Pickle

Chocolate Atta cookies

LUNCH

Dal makhni

Moong badi aloo lauki vegetable

Chapatti

Veg Biryani

Mix veg raita

Dispersal Snack (GradeK1-5)

Banana

FRIDAY

BREAKFAST

Grilled Aloo brown bread sandwich/ Vada pao

Ketchup/green chutney

Seasonal fruit

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
BREAKFAST
Vegetable parantha
Pickle/ salsa chutney
Naan khatai
Curd
LUNCH
Choley masala
Mix veg
Veg pulao
Ragi chapatti
Rice kheer
Salad chef choice
Dispersal Snack (GradeK1-5)
Paneer patties

TUESDAY
BREAKFAST
Vegetable paneer cutlet
Brown Bread
Banana
Milk Daliya
LUNCH
Kadhi pakora
Aloo Beans
Zeera rice
Plain Chapatti
Kachumber corn beetroot salad
Dispersal Snack (GradeK1-5)
Seasonal fruit

WEDNESDAY
BREAKFAST
Veg uttapam with sambhar
Coconut peanut chutney
Atta muffin
Milk Cornflakes
LUNCH
Black masoor dal
Matar paneer
Pea Steamed Rice
Mix bran chapatti
Pysum dessert
Salad chef choice
Dispersal Snack (GradeK1-5)
Sweet puff

THURSDAY
BREAKFAST
Methi ajwain poori
Aloo curry
Mix sprouts
Chocolate milk
LUNCH
Rajmah
Matar makhana veg
Zeera rice
Oats roti
Dahi Bhalla with red chutney
Dispersal Snack (GradeK1-5)
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

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