



PIET SANSKRITI
SENIOR SECONDARY SCHOOL
NFL TOWNSHIP, PANIPAT

Weekly Meal Plan

JULY

2024



MENU

WEEK 1

Monday

01 July

Aalo Poori

+

Halwa



Tuesday

02 July

Kadhi Rice

+

Jaljeera



Wednesday

03 July

Mix Vegetable+ Parantha

+

Kheer



Thursday

04 July

Fried Idli

+

Custard



Friday

05 July

Aalo Paneer + Chapati

+

Aam Panna



Saturday

06 July

Vermicelli + Ketchup



MENU

WEEK 2

Monday

08 July

Mix Veg + Parantha

+

Sweetened Dalia



Tuesday

09 July

Bread Pakora + Ketchup

+

Aam Panna



Wednesday

10 July

Chana Khichadi + Curd



Thursday

11 July

Aam Rass + Poori



Friday

12 July

Aloo Paneer + Chapati

+

Jaljeera



MENU

WEEK 3

Monday

15 July

Kulcha Chana

+

Lassi



Tuesday

16 July

Parantha + Raw Mango

Chutney

+

Sweetened Vemicelli



Wednesday

17 July

Poori + Chana

+

Halwa



Thursday

18 July

Rajma Rice

+

Jaljeera



Friday

19 July

Poha + Ketchup



Saturday

20 July

Vegetable Pulao

+

Aam Panna



MENU

WEEK 4

Monday

22 July

Fried Idli

+

Fruit Custard



Tuesday

23 July

Chana Rice

+

Lassi



Wednesday

24 July

Aloo Parantha

+

Aam Panna



Thursday

25 July

Besan Chilla + Ketchup

+

Kheer



Friday

26 July

Sambar Idli



Saturday

27 July

Aloo Toast

+

Ketchup



MENU

WEEK 5

Monday

29 July

Sambar Rice



Tuesday

30 July

Poori Chana

+

Kheer



Wednesday

31 July

Upma

+

Aam Panna

