



PIET SANSKRITI
SENIOR SECONDARY SCHOOL
NFL TOWNSHIP, PANIPAT

Weekly Meal Plan

July



MENU

WEEK 1

Tuesday

01 July
Sambar Idli



Wednesday

02 July
Rajma Rice



Thursday

03 July
Pav+ Bhaji + Gulabjamun



Friday

04 July
Stuffed Parantha + Curd



MENU

WEEK 2

Monday

07 July

Poori Chana + Halwa



Tuesday

08 July

Kadhi Rice



Wednesday

09 July

Mix Vegetable+ Parantha



Thursday

10 July

Matar Paneer + Chapati



Friday

11 July

Fried Rice + Curd



MENU

WEEK 3

Monday

14 July

Dal Makhani + Chapati



Tuesday

15 July

**Breadroll + Ketchup+
Mango Custard**



Wednesday

16 July

Sambar Vada



Thursday

17 July

Stuffed Parantha+ Curd



Friday

18 July

Bread Pakora + Ketchup



Saturday

19 July

Aalo Matar + Chapati



MENU

WEEK 4

Monday

21 July

Aalo Poori



Tuesday

22 July

Sambar Rice



Wednesday

23 July

Dal + Parantha



Thursday

24 July

Chana Rice



Friday

25 July

Mix Veg + Chapati



Saturday

26 July

**Aalo Toast + Ketchup
+ Kheer**



MENU

WEEK 5

Monday

28 July

Vegetable Pulao + Curd



Tuesday

29 July

White Chana + Rice



Wednesday

30 July

**Kulcha Chana +
Gulabjamun**

