



WISDOM HIGH

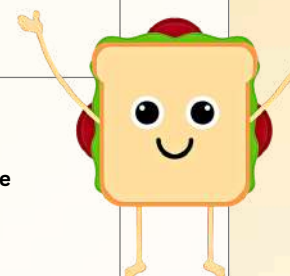
GROUP OF SCHOOLS

Kids Breakfast Menu - October

Menu By: Dt. Kim Somaiya

Nutritionist Health Orbit, Nashik

MON	TUE	WED	THU	FRI	SAT	SUN
			1 • Multigrain Paratha & Tomato Chutney	2 • Holiday	3 • Holiday	4
5 • Vegetable Namkeen Sevaiyyan	6 • Onion Coriander Paratha & Tomato Chutney	7 • Vegetable Upma & Chutney	8 • Moong Dal Khichdi & Papad Chutney	9 • Samosa & Poha For Gr. 1 & 2 Samosa for grd 3 to 12	10 • Veg Corn Chilla & Chutney	11
12 • Idli Sambar	13 • Masala Paratha & Chole	14 • Vegetable upma & chutney	15 • Poha	16 • Sabudana Khichdi + Meethi Boondi	17 • Holiday	18
19 • Holiday	20 • Holiday	21 • Onion Coriander Paratha & Tomato Chutney	22 • White Dhokla & Chutney	23 • Batatawada ,Wheat Pav & Chutney	24 • Masala Paratha & Aloo Subji	25
26 • Moong Daal Khichdi & Papad Chutney	27 • Onion Uttapa Sambhar	28 • Methi Thepla & Curd	29 • Pav Bhaji (Wheat)	30 • Sprout Bhelpuri	31 • Holiday	
Note:- • Curd and Fruits will be served daily according to seasonal availability • If any Child is allergic to any food item ,parents have to inform school in written and restrict the child not to eat the particular food and on such days the child can carry tiffin from home. • In case of unavailability of ingredients, the school reserves the right to cancel or change the menu						
Ms. Nilufer Chavan CEO- WHIS Group of Schools Campus Head(GOC)			Ms. Archita Lala Admin Head WHIS Group of Schools		Ms. Swati Shirsat Admin Head (GOC) Systems Head WHIS Group of Schools	





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GROUP OF SCHOOLS

Kids Lunch Menu - October

Menu By: Dt. Kim Somaiya

Nutritionist Health Orbit, Nashik

MON	TUE	WED	THU	FRI	SAT	SUN
			1 - Veg Noodles - Manchurian Gravy - Corn Soup - Fried Rice - Jelly Custard	2 Holiday	3 Holiday	4
5 - Mix Salad - Chapati - Dum Aloo - Mix Dal - Matar White Pulav	6 - Dahi Koshimbir - Chapati - Gatte ki Sabji - Moong Dal Tadka - Coriander Rice	7 - Kala Chana Salad - Chapati - Aloo Gobhi - Meethi Dal - Steam Rice	8 - Harabhara Kabab - Chapati - Paneer Butter Masala - Veg Pulav - Pineapple Halwa	9 - Sprout Salad - Chapati - Aloo Beans - Masoor Dal - Steam Rice	10 - Beetroot Salad - Chapati - Chana Cabbage - Whole Moong with Garlic Tadka - Jeera Rice	11
12 - Green Salad - Chapati - Usal Latpata - Yellow Kadhi - Jeera Rice	13 - Mix salad - Chapati - Chana Cabbage - Dal Makhani - Jeera Rice	14 - Peanut Salad - Chapati - Besan Shimla - Dal Palak - Coriander Rice	15 - Veg Cutlet - Chapati - Kadhai Paneer - Dal Makhani - Jeera Rice - Fruit Custard	16 - Kala Chana Salad - Chapati - Aloo Gobhi - Meethi Dal - Steam Rice	17 Holiday	18
19 Holiday	20 Holiday	21 - Sprout Salad - Chapati - Baingan Masala - Moong Dal Tadka - Steam Rice	22 - Pakoda Chat - Bhature - Chole - Veg Pulav - Jelly Custard	23 - Beetroot Salad - Chapati - SS Kofta - Dal Palak - Coriander Rice	24 - Mix salad - Chapati - Methi Matar Malai - Moong Dal Tadka - Jeera Rice	25
26 - Dahi Koshimbir - Chapati - Mix Veg - Dal Tadka - Coriander Rice	27 - Kala Chana Salad - Chapati - Aloo Matar - Gujrathi Kadhi - Yellow Dal Khichdi	28 - Sprout Salad - Chapati - Lauki Chana - Moong Dal Tadka - Steam Rice	29 - Dahi Koshimbir - Chapati - Paneer Butter Masala - Dal Makhani - Jeera Rice - Halwa	30 - Dahi Koshimbir - Chapati - Bhindi Pyaz - Dal Palak - Coriander Rice	31 Holiday	
Note:- - Curd and Fruits will be served daily according to seasonal availability - If any Child is allergic to any food item, parents have to inform school in written and restrict the child not to eat the particular food and on such days the child can carry tiffin from home - In case of unavailability of ingredients, the school reserves the right to cancel or change the menu						
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