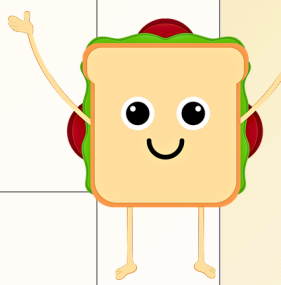
WISDOM HIGH
GROUP OF SCHOOLS
Kids Lunch Menu - November

Menu By:Dt. Kim Somaiya
Nutritionist Health Orbit,Nashik

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 • Green Salad • Chapati • Usal Latpata • Yellow Kadhi • Plain Rice	3 • Mix Salad • Chapati • Chana Cabbage • Dal Tadka • Jeera Rice	4 • Holiday	5 • Holiday	6 • Holiday	7 • Holiday	8
9 • Holiday	10 • Holiday	11 • Holiday	12 • Holiday	13 • Holiday	14 • Holiday	15
16 • Dahi Koshambir • Chapati • Mix Veg • Dal Tadka • Jeera Rice	17 • Kala Chana Salad • Chapati • Aloo Mutter • Gujarathi Kadhi • Yellow Dal Khichadi	18 • Sprout Salad • Chapati • Lauki Chana • Moong Dal Tadka • Steam Rice	19 • Harabhara Kabab • Chapati • Paneer Butter Masala • Veg Pulav • Pineapple Halwa	20 • Peanut Salad • Chapati • Aloo Gobhi • Meethi Dal • Jeera Rice	21 • Sprout Salad • Chapati • Baingan Masala • Gujarathi Kadhi • Steam Rice	22
23 • Dahi Koshambir • Chapati • Gatte Ki Sabzi • Moong Dal Tadka • Coriander Rice	24 • Mix Salad • Chapati • Dum Aloo • Mix Dal • Matar White Pulav	25 • Kala Chana Salad • Chapati • Aloo Gobhi • Meethi Dal • Steam Rice	26 • Veg Noodles • Manchurian Gravy • Corn Soup • Fried Rice • Jelly Custard	27 • Green Salad • Chapati • Mix Veg • Dal Tadka • Coriander Rice	28 • Peanut Salad • Chapati • Aloo Matar • Gujarathi Kadhi • Yellow Dal Khichadi	29 •
30 • Green Salad • Chapati • Usal Latpata • Yellow Kadhi • Jeera Rice						



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)

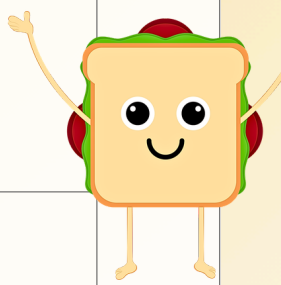
Ms. Archita Lala
Admin Head
WHIS Group of Schools

Ms. Swati Shirsat
Admin Head (GOC)
Systems Head
WHIS Group of Schools

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