



KIDS FOOD MENU

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

MON	TUE	WED	THU	FRI	SAT	SUN
			1 • Idli Sambhar	2 • Holiday	3 • Holiday	4
5 • Masala Paratha & Daal Makhani	6 • Sprout Bhelpuri	7 • Mutigrain Chilla & Tomato Chutney	8 • Rajma Chawal	9 • White Dhokla & Chutney	10 • Holiday	11
12 • Sponge Uttapa & Sambar	13 • Moong Daal Khichdi & Papad Chutney	14 • Samosa & Palak Pulav with Tomato Soup For Gr. 1 & 2, Samosa For 3 to 7 & Poha Gr.8 to 10 • Corn samosa For Grd 1 to 7 & Poha For Grd 8 to 10	15 • Samosa For Gr. 8 to 10 Poha For Grd 1 to 7	16 • Sabudana Khichdi +Meethi Boondi	17 • Holiday	18
19 • Holiday -100% Result	20 • Holiday-Dusherra	21 • Ragi Idli & Sambhar	22 • Batatawada & Chutney • Bananawada & Chutney	23 • Masala Paratha & Aloo Subji • Masala Paratha & Chole Subji	24 • Vegetable Upma & Chutney	25
26 • Onion Uttapa Sambhar • Cabbage Uttapa Sambhar	27 • Rajma Chawal	28 • Vegetable Namkeen Sevaiyyan	29 • Pav (Wheat) Bhaji • Jain Pav Bhaji	30 • Onion Coriender paratha & Tomato Chutney • Cabbage Coriender paratha & Tomato Chutney	31 • Holiday	





WISDOM HIGH GROUP OF SCHOOLS

KIDS FOOD MENU

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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 - Mutter White Pulav	6 - Dahi Koshimbir - Chapati - Gatte Ki Sabji - Moong Dal Tadka - Corriander Rice	7 - Kala Chana Salad - Chapati - Aloo Gobhi - Mithi Dal - Steam Rice	8 - Hara Bhara Kabab - Chapati - Paneer Butter Masala - Veg Pulav - Pineapple Halwa	9 - Sprout Salad - Chapati - Aoo Beans - Masoor Dal - Steam Rice	10 Holiday	11
12 - Green Salad - Chapati - Usal Latpata - Yellow Kadhi - Jeera Rice	13 - Mix Salad - Chapati - Chana Cabbage - Daal Tadka - Jeera Rice	14 - Peanut Salad - Chapati - Besan Simla - Daal Palak - Coriander Rice	15 - Veg Cutlet - Chapati - Kadhai Paneer - Dal Makhani - Jeera Rice - Fruit Custard	16 - Kala Chana Salad - Chapati - Aloo Gobhi - Mithi Dal - Steam Rice	17 Holiday	18
19 Holiday	20 Holiday	21 - Sprout Salad - Chapati - Baingan Masala - Gujrathi Kadhi - Steam Rice	22 - Pakoda Chat - Bhature - Chole - Veg Pulav - Jelly Custard	23 - Beetroot Salad - Chapati - SS Kofta - Dal Tadka - Coriander Rice	24 - Mix Salad - Chapati - Methi Matar Malai - Moong Daal Tadka - Jeera Rice	25
26 - Dahi Koshimbir - Chapati - MixVeg - Dal Tadka - Coriander Rice	27 - Kala Chana Salad - Chapati - Aloo Mutter - Gujrathi Kadhi - Yellow Dal Khichadi	28 - Sprout Salad - Chapati - Lauki Chana - Moong Daal Tadka - Steam Rice	29 - Dahi Koshimbir - Chapati - Paneer Butter Masala - Dal Makhani - Jeera Rice - Halwa	30 - Dahi Koshimbir - Chapati - Bhindi Pyas - Daal Palak - Coriander Rice	31 Holiday	

Curd and Fruits will be served daily according to seasonal availability.

Note-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.

Ms. Varsha Mahore
CEO - WHIS Group of Schools
Campus Head (SMC)

Mr. Deepak Borle
Principal Director
Wisdom High International School & Jr. College
ICSE / SSC / Jr. College

Ms. Archita Lala
Admin Head
WHIS Group of School

