

ASN International School**MENU OF THE MONTH – OCTOBER -2024**

Chapati , Rice & Salad would be served daily along with the mentioned menu.

Day	Date	DAL	VEGETABLE	SNACKS
Tues	01-Oct	Sambar	Jeera Potato	Idli
Thur	03-Oct	Green Moong Dal	Nutrella Peas	Poha
Fri	04-Oct	Rajma	Bharta	Namkeen Sewian
Mon	07-Oct	Mix Dal	Mix Veg	Kheer
Tues	08-Oct	Kale Chana	Beans/Potato	Upma
Wed	09-Oct	Arhar Dal	Gobhi /Potato	Namkeen Daliya
Thur	10-Oct	Chhole	Puri / Pulav	Suji Halwa
Mon	14-Oct	Dal Makhni	Mix Veg	Sweet Sewain
Tues	15-Oct	Rajma	Lady Finger	Poha
Wed	16-Oct	Sambar	Potato/Tomato	Upma
Fri	18-Oct	Green Moong Dal	Louki Kofta	Kheer
Mon	21-Oct	Kadhi	Jeera Potato	Sweet Daliya
Tues	22-Oct	Yellow Dal	Bitter Gourd	Poha
Wed	23-Oct	Chana/ Urad	Mix Veg	Namkeen Sewian
Thur	24-Oct	Dal Makhni	Gobhi /Potato	Macroni
Fri	25-Oct	Mix Dal	Louki	Kheer
Mon	28-Oct	Saboot Masoor Dal	Bharta	Poha
Wed	30-Oct	Potato Gravy	Shahi Paneer/Puri	Kheer
Shivani Khanna				
Headmistress				