

**INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD**

**MENU FOR THE MONTH JULY (01.07.2024 TO 30.07.2024)**

01.07.2024	Idly & Sambar Chutney	Green Salad, Roti, Plain Rice, Khichdi, Brinjal Masala Curry, Spinach Dal, Rasam, Curd, Fryums, Cut Fruit	Sweet Corn & Boost Milk
02.07.2024	Vada & Sambar Chutney	Cucumber Salad, Roti, Plain Beetroot Pulav, Sorakai Tomato Curry, Sambhar, Chutney, Curd, Papad, Pine Apple Rava Kesari	Bread Jam & Butter & Juice
03.07.2024	Set Dosa & Chutney	Green Salad, Roti, Plain Rice, Minit Rice, Aloo Jeera Dum, Tomato Dal, Rasam, Curd, Fryums, Cut Fruit	Namakapara & Flavoured Milk
04.07.2024	Methi Paratha & Mix Veg Curry	Shredded, Salad, Roti Plain Rice, Curd Rice, Okra Dum, Sambar, Chutney, Curd, Papad, Shahi Toast	Pav Bhaji & Juice
05.07.2024	Mysore Bonda & Chutney	Sprouts, Roti, Plain Ghee Rice, Veg Pulav, Veg Kurma Curry, Yellow Cucumber Dal, Rasam, Curd, Fryums, Cut Fruit	Fruit Salad & Flavoured Milk
06.07.2024	Tomato Bath & Tomato Chutney	Indian Russian Salad, Plain Rice, Cocount Milk Rice, Gobi Aloo Tomato Curry, Sambar, Chutney, Curd, Papad, Gulab Jamun	Boiled Peanut & Juice
08.07.2024	Panner Dosa & Chutney	Green Salad, Roti, Plain Rice, Tomato Pulav, Capsicum Masala Curry, Tomato Dal, Rasam, Curd, Fryums, Cut Fruit	Punugulu & Milkshake
09.07.2024	Poori & Chole	Beetroot Salad, Roti, Plain Rice, Jeera Rice, Rajma Curry, Sambar Chutney, Curd, Papad & Fruit Custard	Sprouts Chat & Juice
10.07.2024	Hot Pongal & Tomato Chutney	Salad, Roti, Plain Rice, Carrot Rice, French Beans Aloo Tomato Curry, Spinach Dal, Rasam, Curd, Fryums, Cut Fruit	Vada Pav & Milkshake
11.07.2024	Idly & Sambar Chutney	Potato White Gram, Roti, Plain Rice, Chole Rice, Drumstick Kaju Masala Curry, Sambar, Chutney, Curd, Papad Chocolate Burfi	Onion Pakodi & Juice
12.07.2024	Masala Dosa & Chutney	Cucumber Salad, Ghee Roti, Plain Rice, Bissi Bella Bath, Okra Tomato Curry, Drumstick Dal, Rasam, Curd, Fryums, Cut Fruit	Sweet Corn & Milkshake
15.07.2024	Vada & Sambar Chutney	Green Salad, Roti, Plain Rice, Tamarind Rice, Ridged Gourd Curry, Sambar, Chutney, Curd, Papad, Carrot Halwa	Bhel Puri & Juice
16.07.2024	Aloo Paratha & Tomato Curry	Salad, Roti, Plain Rice, Veg Pulav, Raw Banana Masala, Tomato Dal, Rasam, Curd, Fryums, Cut Fruit	Kabuli Chana & Flavoured Milk
18.07.2024	Set Dosa & Chutney	Chopped Salad, Roti, Plain Rice, Paneer Pulav, Meal maker Masala Curry, Sambar, Chutney, Curd, Papad, Double Ke Meetha	Veg Bullets & Juice
19.07.2024	Semiya Bath & Tomato Chutney	Green Salad, Roti, Plain Rice, Noodles, Veg Corn Soup, Manchurian, Tal Tadka, Rasam, Curd, Fryums, Cut Fruit	Boiled Peanut & Juice
20.07.2024	Onion Dosa & Chutney	Indian Russian Salad, Roti, Plain Rice, Veg Biryani, Panner Butter Masala Curry, Sambar, Chutney, Curd, Papad, Semiya Kheer	Tawa Idly & Juice
22.07.2024	Mysore Bonda & Chutney	Green Salad, Roti, Plain Rice, Corn Rice, Methi Chaman, Moong Dal, Rasam, Curd, Fryums, Cut Fruit	Pav Bhaji & Boost Milk
23.07.2024	Idly & Sambar Chutney	Salad, Fried Rice, Plain Rice, Peas Pulav, Lobia Masala Curry, Sambar, Chutney, Curd, Papad, Bread Halwa	Spring Roll & Juice
24.07.2024	Poori & Chole	Green Salad, Roti, Plain Rice, Lemon Rice, Mix Veg Dry, Spinach Dal, Rasam, Curd, Fryums, Cut Fruit	Biscuit & Flavoured Milk
25.07.2024	Masala Dosa & Chutney	Green Salad, Roti, Plain Rice, Roselle Plant Leave, Kaju Tomato Curry Sambar, Chutney, Curd, Papad, Ice-Cream	Boiled Sweet Corn & Juice
26.07.2024	Hot Pongal & Tomato Chutney	Beetroot Salad, Roti, Plain Rice, Plain Vegetable Pulav, Dahi Aloo Masala Curry, Onion Dal, Rasam, Curd, Fryums, Cut Fruit	Fruit Salad & Milkshake
27.07.2024	Dalia Upma & Tomato Chutney	Salad, Roti, Plain Rice, Minit Rice, Ivy Gourd Dum, Sambar, Chutney, Curd, Papad, Sweet Pongal	Tawa Idly & Juice
29.07.2024	Aloo Paratha & Tomato Curry	Cucumber Salad, Roti, Plain Rice, Tomato Rice, Black Chana Masala Curry, Drumstick Dal, Rasam, Curd, Fryums, Cut Fruit	Corn Flakes & Milkshake
30.07.2024	Paneer Dosa & Chutney	Beetroot Salad, Roti, Plain Rice, Khichdi Rice, Veg Kofta, Sambar, Chutney, Curd, Papad, Boondi Laddu	Bhel Puri & Juice
31.07.2024	Idly & Sambar Chutney	Green Salad, Roti, Plain Rice, Bagara Rice, Tomato Ka Salan, Spinach Dal, Rasam, Chutney, Curd, Papad, Cut Fruit	Boiled Sweet Corn & Flavoured Milk

*Joshma*  
Canteen Supervisor

Principal  
16/24