



Weekly Meal Menu - SCJ World Academy

	MON 15 Oct	TUE 16 Oct	WED. 17 Oct	THU 18 Oct	FRI 19 Oct	SAT 20 Oct	SUN 21 Oct
B R E A K F A S T							
Cereal		Aloo Beans				Chocos	Honey Cornflakes
Fruit	Cut Papaya	Galia Melon	Mix Fruit	Papaya	Galia Melon	Mix Fruit	Cut Papaya
Milk	Hot & Cold	Hot & cold	Hot & cold	Hot & cold	Cold Coffee	Hot & cold	Hot & cold
Bread	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**
Main Dish	Paneer Parantha	Idly Sambhar	Pav Bhaji	Corn Cheese Cutlet	Grilled Cheese S/W	Channa Bhature	Assorted Parantha
Egg	Vermicilli Upma	Veg Upma	Veg Poha	Veg Daliya	Omelette	Fried Egg	Omelette
L U N C H							
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar,Ceaser	Salad Bar,Russian Salad
Dal	Dal Makhani	Kala Moti Dal	Kadi Pakora	Black Channa	Rajma	Moong Masoor Dal	Dal Moti Mehal
Veg 1	Aloo Beans	Shahi Paneer	Lauki Masala	Aloo Tamatar	Veg Lababdar	Handi Paneer	Sam Savera
Veg/Conti.	Bkd. Spinach Corn	Veg Lasagne	Veg Pasta Red Sc.	Baked Veg.	Veg Mussaka	Veg Stew	Aloo South Indian Style
Curd/Soup	Jeera Raita	Curd		Dahi Boondi	Lauki Raita	Plain Curd	Boondi Raita
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Plain Rice	Plain Rice	Steam Rice	Zeera Rice
Breads	Roti,Parantha, Bread	Roti,Parantha, Bread	Roti,Parantha, Bread	Roti,Poori, Bread	Roti,Parantha, Bread	Roti,Parantha, Bread	Roti,Parantha, Bread
	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly	Mix & Green Chilly
Dessert	Ice Cream		Vermicilli Kheer	Suji Halwa	Black Forest Pastry	Rasgulla	Shahi Tukda
S N A C K S							
Snacks D/B	Chocolate Muffin	Banana	Sugar Doughnut	Apple	Popcorn		
Snacks R/B	Chocolate Muffin	Soya Sami Kabab	Sugar Doughnut	Cheese Puff	Popcorn	Delhi-6	Maggi
Fruit	Apple	Banana	Pears	Apple	Banana	Fruit Chat	Apple
Refreshmen	Tang Water	Nimbu Pani	Orange Glucon D	Orange Glucon D	Tang Water	Glucon D	Mint Nimbu Pani
D I N N E R							
Soup	Manchow Soup	Cream Of Tomato	Veg Clear Soup	Hot N Sour Soup	Manchow Soup	Sweet Corn Soup	Cream Of Carrot
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad 2	Crispy Noodles Salad	Beans Sprout Salad	Arabian Salad	Crispy Poha	Woldorf Salad	Three Bean Salad	Corn & Bell Pepper Salad
Dal	Dal Punjabi	Dal Palak	Mix Dal	Green Moong Dal	Dhaba Dal	Muradabadi Dal	Red Lobhiya Dal
Veg 1	Mix Veg	Malai Kofta	Kadhahi Paneer	Aloo Gobhi	Paneer Butter Masala	Kadhahi Mushroom	Paneer Lahori
Veg/Conti.	Veg Manchurian (live)	Maxican Rice (live)	Soya Tawa (live)	Veg Spaghetti (live)		Veg Macroni (Live)	
Non.Veg.					Chicken Curry		Chicken Biryani
Rice	Plain Rice	Plain Rice	Plain Rice	Jeera Pulao	Steamed Rice	Veg Pulao	Veg Biryani
Breads	Roti,Parantha, Gr. Bread	Roti,Parantha, Bread Stick	Roti,Parantha, Bread	Roti,Parantha, Onion Bread	Td.Roti Naan Bread	Roti,Parantha, Gr. Bread	Roti,Parantha,Msl. Bread
Pickel	Mix & Tomato Chutney	Green Chutney	Mix & Green Chilly	Mix & Green Chilly	T.Ketchup	Mix & Green Chilly	Vineger Onion
Dessert	Jalebi	Mango Mouse	Gulab Jamun	Fruit Custard	Ice Cream	Apple Pie	Gui Cake
*** Menu Subject to change according to the availability of seasonal vegetable & raw material							
Wbbj*	White Bread Butter Jam						
Bbbj**	Brown Bread Butter Jam						