



Weekly Meal Menu - SCJ World Academy

	MON 16-JULY	TUE 17-JULY	WED 18-JULY	THU 19-JULY	FRI 20-JULY	SAT 21-JULY
B R E A K F A S T						
Cereal						Chocos
Fruit	Water Melon	Cut Papaya	Banana	Musk Melon	Water Melon	Mix Fruit
Milk	Hot & Cold	Hot & cold	Hot & cold	Hot & cold	Cold Coffee	Hot & cold
Bread	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**	Wbbj*, Bbbj**
Main Dish	Paneer Kathi Roll	Potato Grilled S/w	Stuffed Besan Chilla	Mutter Kulcha	Grilled Cheese S/W	Idly Vada Sambhar
Egg	Egg Bhurji	Veg.Poha	Fried Egg	Masala oats	Ommelete	Boiled egg
L U N C H						
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dal	Rajma	Channa Dal	Dal Bukhara	Dal Dhaba	Arhar Dal	Kala Channa
Veg 1	Aloo Capsicum	Rajasthani Gatta Curry	Palak Aloo	Soya Mutter	Nadru Kofta Curry	Paneer Bhurji
Veg/Conti.	Mushroom Pasta(Wheat) Red Sc.	Veg. Lasangne	Bkd. English Veg.	Veg Rattatauli	Creamy Macroni with Vegetables	Veg Augretin
Curd/Soup	Curd	Kheera Raita	Curd	Boondi Raita	Curd	Boondi Raita
Rice	Plain Rice	Jeera Rice	Plain Rice	Rice	Steam Rice	Steam Rice
Breads	Roti,Parantha,Msl Bread	Roti,Parantha,Hard Rolls	Roti,Parantha,Bread	Roti,Parantha,Cheese Gr. Bread	Roti,Parantha,Hard Rolls	Roti,Parantha,Msl Bread
	Mix & Tomato Chutney	Mix & Green Chilly	Mix & Green Chutney	Mix & Garlic Red Chilly	Mix & Garlic Red Chilly	Mix & Salsa
Dessert	Besan Laddoo		Ice cream		Gulab Jamun	
S N A C K S						
Snacks D/B	Mint Cucumber S/w	Fruit Muffin	Pop Corn	Veg Puff	Samosa	
Snacks R/B	Mint Cucumber S/w	Fruit Muffin	Pop Corn	Veg Puff	Samosa	Sandwich
Fruit	Banana	Fruit Chat	Mango	Banana	Apple	Mango
Refreshment	Tang Water	Nimbu Pani	Orange Glucon D	Nimbu Pani	Lemonade	Glucon D
D I N N E R						
Soup	Sweet Corn Soup	Cream of Broccoli	Veg Manchow	Noodle Soup	Brown Onion Soup	Hot & Sour Soup
Salad 1	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad 2	Sprout	Ceaser	Murmura	Three Beans Salad	Russian	Kimchi
Dal	Black Masoor Dal	Yellow Moong Dal	Arhar Dal Hing Tadka	Lobhiya Dal	Urad Dal	Veg. Manchurian
Veg 1	Aloo Parval	Zafrani Malai Kofta	Shahi Paneer	Navratan Korma	Paneer Kurkuri	Veg.in Hot Garlic Sc.
Veg/Conti.	Chilly Gobhi (live)	Veg Spaghitti (live)		Maxican Rice(live)		Hakka Noodles
Non.Veg.			Chicken Biryani		Chicken Curry	
Rice	Plain Rice	Steam Rice	Veg Biryani	Rice	Veg Pu;lao	Steamed Rice,Fried Rice
Breads	Roti,Parantha, Bread roll	Roti,Parantha, Gr.Bread	Roti,Parantha, Jeera Bread	Roti,Parantha, Hard Roll	Roti,Parantha,, Jeera Bread	Roti,Dal Fry
	Mix & Green Chutney	Mix & Green Chilly	Mix & Tomato Chutney	Mix & Garlic Red Chilly	Mix & Green Chilly	Mix & Hot Garlic Sc.
Dessert	Ice cream	Rasmalai	Gui Cake	Mango Mouse	Bikaneri Burfi	Jam Swiss Roll
*** Menu Subject to change according to the availability of seasonal vegetable & raw material						

Wbbj*	White Bread Butter Jam					
Bbbj**	Brown Bread Butter Jam					

SUN 22-JULY
Flv. Cornflakes
Cut Papaya
Hot & cold
Wbbj*, Bbbj**
Stuffed Parantha
Ommelette (live)
Salad Bar
Dal Makhani
Lauki Masala
Jeera Aloo
Mix Raita
Veg Biryani
Roti,Parantha,Focaccia
Mix& Green Chilly
Fruit Cream
Maggii
Water Melon
Mint Nimbu Pani
Cream Of Tomato
Salad Bar
Tossed
Mix Dal
Paneer Do Pyaja
Murg Rara
Plain Rice
Roti,Parantha,, Jeera Bread
Mix& Green Chilly
Pineapple Semolina Cake

