

**JADHAVAR INTERNATIONAL SCHOOL & JR. COLLEGE****WEEKLY SCHOOL LUNCH PLANNER (2023-24)**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>SHORT RECESS</b>	Methi or Gobi paratha/	Veg Sandwich/Upma	porridge / Thalipeeth of multigrains flour	Aloo paratha	Oats/Poha	Paneer stuffed paratha
	Apple/Banana/ seasonal fruit	Pineapple/Orange/ seasonal fruit	Apple/ Musambi/ seasonal fruit	Apple/Banana/ seasonal fruit	Pineapple/Orange/ seasonal fruit	Apple/Guava/ seasonal fruit
<b>LUNCH RECESS</b>	Chapati and Bengal gram/ Rajma/ Paneer, carrot and cucumber salad	chapati and bean/Soyabean curry , sprouted grains ,veg pulav	Chapati and sprouted vegetables (Moong or Mataka), Salad, Fried Rice/ Dal rice	Chapati and Leafy vegetables (Palak paneer/Fenugreek)	Chapati and vegetable (Cabbage/Aloo)salad ,Pomegranate	Veg Pulav/idli, carrot, cucumber Salad

**Principal  
VAISHALI RAUT  
JISJC**