WEEKLY MENU APRIL (2024) 1 & 3 WEEK KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY	WEDNESDAY BREAKFAST	
BREAKFAST	BREAKFAST		
Veg uttapam with coconut chutney	Veg poha with green chutney	Mix sauce corn veg pasta	
Milk with museli	Milk Daliya	Boost milk	
	Seasonal fruit	Rajmah bean salad	
Green moong sprout	K1 k2 bread butter optional		
K1 k2 veg parantha optional.			
LUNCH	LUNCH	LUNCH	
	Mix dal tadka	Punjabi kadhi	
Rajmah masala Besan aloo gobhi masala/Aloo	Shahi paneer/Ghiya Masala	Mix veg	
masala.	Steamed rice	Steamed rice	
Burnt onion pulao	Tawa roti	Tawa roti	
Oats chapatti	Beetroot corn cucumber salad	Jalebi	
Boondi raita			
Dispersal Snack	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	
(GradeK1-5)	Paneer patties	Seasonal fruit	
Seasonal fruit THURSDA	Y	FRIDAY	
BREAKFAS		BREAKFAST	
Chana dal aloo pyaz pa	arantha with Cheese	Cheese corn sandwich with ketchup	
butter/salsa ch		Milk chocos	
Milk Cornfla	kes	Kala chana chaat	
Seasonal fru	Jit		

Seasonal fruit LUNCH Arhar dal tadka Kadhai panner/kurkuri bhindi Missi roti Zeera rice Dahi bhalla with saunth Dispersal Snack (GradeK1-5) Vanilla fruit muffin

LUNCH

Amritsari choley/Hakka noodles

Pyaz wale rice/Chilli panner Gravy

Poori/ fried rice

Achari aloo/honey Chilli potato.

Shahi tukda/ ice cream

Green chutney/tomato basil sause

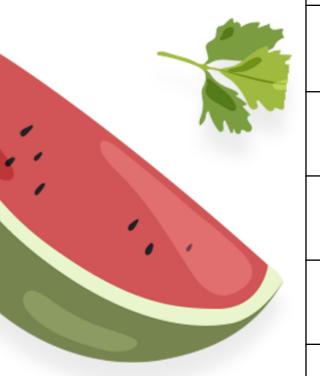
Dispersal Snack (GradeK1-5)

Seasonal fruit



WEEKLY MENU APRIL (2024) 2 & 4 WEEK KOTHARI INTERNATIONAL SCHOOL

MONDAY	TUESDAY BREAKFAST		WEDNESDAY	
BREAKFAST			BREAKFAST	
Pav bhaji with green chutney	Green moong dal chilla with salsa		Idli with sambhar and coconut	
Daliya porridge	chutney		chutney Milk museli	
Chick pea salad	Milk with Ragi loops Seasonal fruit		Coconut macroons	
	K1 k2 bread jam optional.			
			K1 k2 Bread jam	
	LUNCH		LUNCH	
Soya chaap curry/Malka massor tadka	Dal makhani		Moong sabut	
Ghiya kofta	Shahi paneer		Gotta curry	
Steamed rice	Pea pulao		Steamed Rice	
Tawa chapatti	Plain Chapatti		Mix bran chapatti	
Suji halwa	Mix veg raita		Rice kheer.	
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)		Dispersal Snack (GradeK1-5)	
Seasonal fruit	Coconut	ladoo	Seasonal fruit	
THURSDAY		FRIDAY		
BREAKFAST		BREAKFAST		
Masala poori with aloo bhaji		Bread pakoda with green chutney		
Milk chocos		Sabudana porridge		
Seasonal fruit		Chocochip cookies.		
JEASUIALITUIL				



LUNCH

Choley masala

Matar panner/aloo matar

Zeera rice

Plain Chapatti

Achari salad

Dispersal Snack (GradeK1-5)

Oats Muffin

LUNCH

Masala Dosa/Wheat pasta

Idli/ Garlic bread

Sambhar/

Lemon rice/ veg Biryani

Coconut chutney/ boondi raita raita

Pysum / chocolava cake

Dispersal Snack (GradeK1-5)

Banana



Vegetable sandwiches will always be available in cafeteria, if some students want to have instead of breakfast menu provided.

Calorie Count as per 1 serve. Breakfast = 350 to 400 Kcal Lunch: 500 to 700 Kcal Snack: 60 to 200 kcal

<u>RDA REQUIRED FOR CHILDRENS AS PER IDEAL BMI</u>



Children	Age	Calories(kcal)	Protein (gm)
	1-3yrs	1000	11
	4-6yrs	1350	13
	7-9yrs	1700	19
Boys	10-12y	2200	27
Girls	10-12y	2000	27
Boys	13-15y	2800	37
Girls	13-15y	2400	35
Boys	16-18y	3300	45
Girls	16-18y	2500	37
	Boys Girls Girls Boys	Image:	1-3yrs 1000 4-6yrs 1350 7-9yrs 1700 Boys 10-12y 2200 Girls 10-12y 2000 Boys 13-15y 2800 Girls 13-15y 2400 Boys 16-18y 3300

