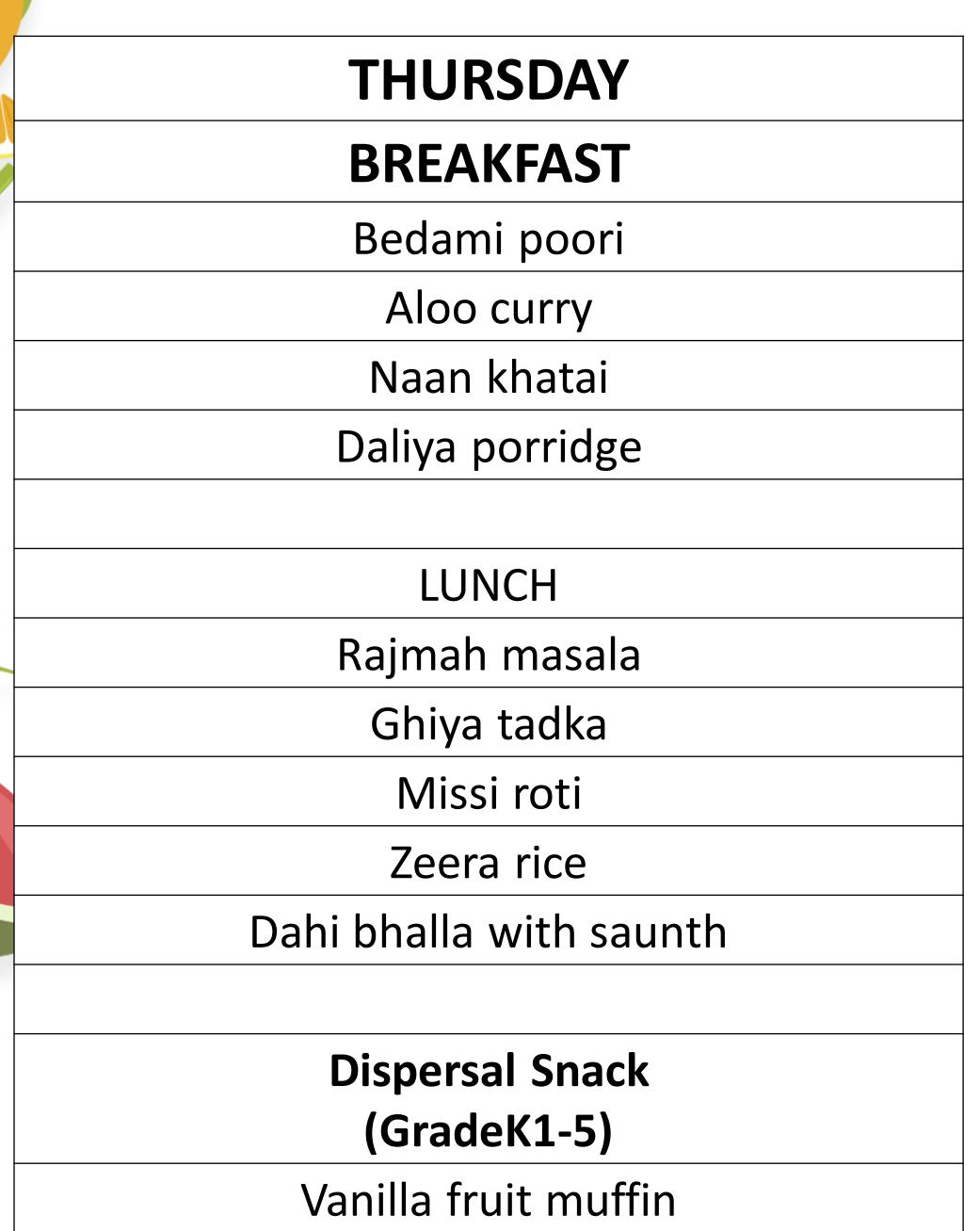
WEEKLY MENU MARCH (2024) 1 & 3 WEEK KOTHARI INTERNATIONAL SCHOOL

Seasonal fruit

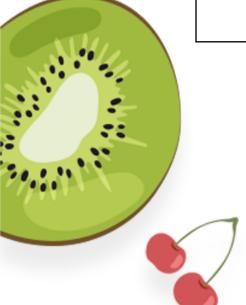
MONDAY	TUESDAY
BREAKFAST	BREAKFAST
Sambhar vada/idli	Pav bhaji
Coconut chutney	Green chutney
Mix sauce Macaroni	Green moong sprouts
Boost milk	Chocolate milk
LUNCH	LUNCH
Red masoor dal	Uradh Dal fry
Palak paneer	Mix Vegetable
Burnt onion pulao	Steamed rice
Oats chapatti	Tawa roti
Boondi raita	Kesar suji halwa
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)

WEDNESDAY				
BREAKFAST				
Aloo pyaz parantha				
Pickle and curd				
Seasonal fruit				
Choco chip cookies				
LUNCH				
Kadhi pakoda				
Beans aloo				
Chilli Basil fried rice				
Ragi roti				
Beetroot carrot cucumber salad.				
Dispersal Snack (GradeK1-5)				
Paneer patties				



Chocolate crozon











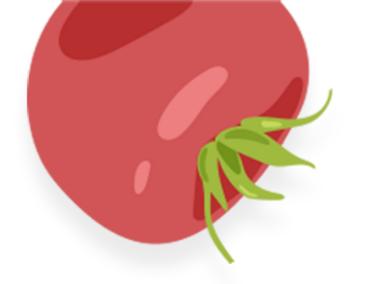
WEEKLY MENU MARCH (2024) 2 & 4 WEEK KOTHARI INTERNATIONAL SCHOOL

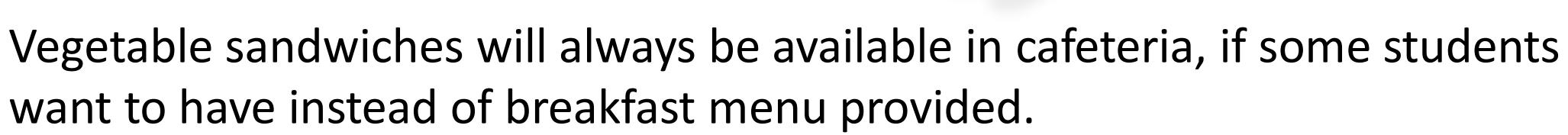
MONDAY	TUESDAY	WEDNESDAY	
BREAKFAST	BREAKFAST	BREAKFAST	
Matar kulcha	Aloo pyaz Parantha	Veg peanut poha	
Green chutney	Pickle/ tomato chutney	Potato sandwich	
Sprout salad	Seasonal fruit	Tomato salsa chutney	
Horlicks milk	Milk Cornflakes	Boost milk	
		K1 k2 Bread jam	
LUNCH	LUNCH	LUNCH	
Dal makhani	Black channa masala	Dal Bukhara	
Soya matar bhurji	Shahi paneer	Malai kofta	
Steamed rice	Pea pulao	Steamed Rice	
Jawar chapatti	Plain Chapatti	Mix bran chapatti	
Russian salad	Rice kheer	Cucumber raita	
Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	Dispersal Snack (GradeK1-5)	
Seasonal fruit	Marble cake	Baked samosa	



FRIDAY
BREAKFAST
Grilled cottage cheese sandwich
Ketchup/Dip
Kala channa chaat
Bournvita milk
LUNCH
Masala Dosa/Wheat pasta
Idli/ Garlic bread
Sambhar/ peri peri fries
Lemon rice/ veg Biryani
Coconut chutney/ mint pudina raita
Besan burfi/ chocolava cake
Dispersal Snack (GradeK1-5)

Banana





Calorie Count as per 1 serve.
Breakfast = 350 to 400 Kcal

Lunch: 500 to 700 Kcal Snack: 60 to 200 kcal

RDA REQUIRED FOR CHILDRENS AS PER IDEAL BMI

Child	ren	Age	Calories(kcal)	Protein (gm)
		1-3yrs 4-6yrs 7-9yrs	1000 1350 1700	11 13 19
Boy	ys	10-12y	2200	27
Gir	ls	10-12y	2000	27
Boy	ys	13-15y	2800	37
Gir	ls	13-15y	2400	35
Boy	ys	16-18y	3300	45
Gir	ls	16-18y	2500	37

