

WEEKLY MENU MAY (2024) 1 & 3 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY

BREAKFAST

Aloo poori

Roofza lassi

Banana

LUNCH

Mix dal tadka

Shahi panner

Pea pulao

Oats chapatti

Boondi raita

Dispersal Snack (Grade Nur-5)

Oats blue berry mufin

TUESDAY

BREAKFAST

Veg poha with Namkeen and green chutney

Bournvita milk

Green moong sprouts.

LUNCH

Rajmah curry

Ghiya aloo curry

Steamed rice

Tawa roti

Corn cucumber onion salad

Dispersal Snack (Grade Nur -5)

Grappes

WEDNESDAY

BREAKFAST

Aloo pyaz parantha

Curd and pickle

Chick pea salad

LUNCH

Kadhi pakoda

Aloo beans

Steamed rice

Tawa roti

Kesar phirni

Dispersal Snack (Nur-5)

Panner patties

THURSDAY

BREAKFAST

Idli with coconut chutney

Milk chocos

Oats brownee

LUNCH

Arhar dal tadka

Aloo bhindi

Dal parantha

Zeera rice

Dahi bhalla with saunth

Dispersal Snack (Grade Nur-5)

Banana

FRIDAY

BREAKFAST

Veg atta vermicili

Milk with Museli

Hung curd Vegetables sandwich with mozzarella cheese

LUNCH

Choley/dal makhani

Pea pulao/ zera rice

Bhatura/ poori

Laccha onion/Dum aloo with Vadi

Ice cream/ sooji halwa

Green chutney/boondi raita.

Dispersal Snack (Grade Nur-5)

Ragi cookies.

WEEKLY MENU May (2024) 2 & 4 WEEK

KOTHARI INTERNATIONAL SCHOOL

MONDAY
BREAKFAST
Vada with Dal chutney
Milk daliya
Oats muffin
LUNCH
Dhaba dal
Bharwa baingan
Steamed rice
Tawa chapatti
Pysum.
Dispersal Snack (GradeK1-5)
Banana

TUESDAY
BREAKFAST
Atta pav bhaji
Milk with chocos
Seasonal fruit
LUNCH
Dal makhani
Aloo matar
Pea pulao
Chapatti
Mix veg raita
Dispersal Snack (GradeK1-5)
Marble cake

WEDNESDAY
BREAKFAST
Uttapam and coconut chutney
Horlicks milk
Mix Sprouts
LUNCH
Kala channa Curry
Khata metha petha
Steamed Rice
Mix bran chapatti
Shahi tukda
Dispersal Snack (GradeK1-5)
Grapes

THURSDAY
BREAKFAST
Mix veg parantha
Curd and pickle
Vegetable daliya
LUNCH
Choley curry
Mix veg
Zeera rice
Plain Chapatti
Macroni corn salad
Dispersal Snack (GradeK1-5)
Aloo sandwich

FRIDAY
BREAKFAST
Aloo bonda with green chutney
Veg sandwich
Bournvita milk.
LUNCH
Atta noodles/Wheat pasta
Manchorian/ cheese Garlic bread
Chilli panner/ French fries
Fried rice/ veg Biryani
Kimchi salad/ boondi raita raita
Vanilla ice cream/ 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

RDA REQUIRED FOR CHILDRENS AS PER IDEAL BMI

Children	Age	Calories(kcal)	Protein (gm)
	1-3yrs 4-6yrs 7-9yrs	1000 1350 1700	11 13 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