

ASN International School

Mayur Vihar - I, Delhi

MENU OF THE MONTH – July 2022

Chapati , Rice , Curd & Salad would be served daily along with the mentioned menu.

Day	Date	DAL	VEGETABLE	SNACKS
Mon	04-Jul	Yellow Moong Dal	Jeera Potato	Fruit
Tues	05-Jul	Rajma	Pumpkin	Kheer
Wed	06-Jul	Black & Yellow Dal	Bottle Gourd	Bread Jam
Thurs	07-Jul	Sambhar	Mixed Vegetable	Sweet Dalia
Fri	08-Jul	White Chana	Tinda	Sandwich
Mon	11-Jul	Dal Makhani	Potato Capsicum	Namkeen Sewain
Tues	12-Jul	Chana & Bottle Gourd	Nutri Peas	Bread Poha
Wed	13-Jul	Yellow Moong Dal	Matar Paneer	Custard
Thurs	14-Jul	Rajma	Jeera Potato	Kheer
Fri	15-Jul	Black & Yellow Dal	Lady Finger	Poha
Mon	18-Jul	Sambhar	Bottle Gourd	Fruit
Tues	19-Jul	White Chana	Mixed Vegetable	Sweet Dalia
Wed	20-Jul	Chana & Bottle Gourd	Nutri Peas	Sandwich
Thurs	21-Jul	Yellow Moong Dal	Bitter Gourd	Namkeen Sewain
Fri	22-Jul	Rajma	Tinda	Bread Poha
Mon	25-Jul	Black & Yellow Dal	Jeera Potato	Custard
Tues	26-Jul	Black Chana	Mixed Vegetable	Kheer
Wed	27-Jul	Sambhar	Bottle Gourd	Fruit
Thurs	28-Jul	Dal Makhani	Pumpkin	Bread Jam
Fri	29-Jul	Mix Dal	Ridge Gourd	Namkeen Sewain

Note : There may be slight change in the menu due to availability item.

Shivani Khanna

Headmistress