

ASN International School
Mayur Vihar - I, Delhi

MENU OF THE MONTH – September 2022

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

Day	Date	DAL	VEGETABLE	SNACKS
Thurs	01-Sep	Rajma	Potato Nutri	Bread jam
Fri	02-Sep	Yellow Moong Dal	Besan Gatte	Sweet Sewain
Sat	03-Sep	Black Chana	Potato Capsicum	Poha
Tues	06-Sep	Black & Yellow Dal	Matar Paneer	Sweet Dalia
Wed	07-Sep	Sambhar	Ladyfinger	Poha
Thurs	08-Sep	Kadi	Bottle Gourd	Namkeen Sewain
Fri	09-Sep	White Chana	Bitter Gourd	Sandwitch
Mon	12-Sep	Dal Makhni	Jeera Potato	Upma
Tues	13-Sep	Rajma	Potato Nutri	Bread jam
Wed	14-Sep	Yellow Moong Dal	Soya Chaap	Sweet Sewain
Thurs	15-Sep	Black Chana	Potato Capsicum	Poha
Fri	16-Sep	Kadi	Potato Beans	Custard
Mon	19-Sep	Sambhar	Pumpkin	Sweet Dalia
Tues	20-Sep	Mix Dal	Palak Paneer	Bread Poha
Wed	21-Sep	White Chana	Lady finger	Namkeen Sewain
Thu	22-Sep	Dal Makhani	Jeera Potato	Macroni
Fri	23-Sep	Yellow Moong Dal	Basen Gatte	Sweet Sewain
Mon	26-Sep	Black Chana	Mix Veg	Upma
Tues	27-Sep	Black & Yellow Dal	Bottle Gourd	Poha
Wed	28-Sep	Sambhar	Pumpkin	Custard
Thu	29-Sep	Kadi	Jeera Potato	Sweet Dalia
Fri	30-Sep	White Chana	Potato Beans	Macroni

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

Shivani Khanna
Headmistress