

## ASN International School

### MENU OF THE MONTH – August 2023

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

Day	Date	DAL	VEGETABLE	SNACKS
Tue	01-Aug	Masoor Dal	Bottle Guard	Poha
Wed	02-Aug	Kala Chana	Beans Potato	Custard
Thu	03-Aug	Lauki Chana Dal	Jeera Potato	Veg Idlee
Fri	04-Aug	Rajma	Brinjal Bharta	Jam Bread
Mon	07-Aug	Yellow Moong Dal	Pumpkin	Kheer
Tue	08-Aug	Chole	Nutri Peas	Upma
Wed	09-Aug	Sambhar	Lady finger	Bread Jam
Thu	10-Aug	Lobhiya	Bottle Guard	Custard
Fri	11-Aug	Mix Dal	Mix Veg	Sandwitch
Mon	14-Aug	Dal Makhani	Shahi Paneer	Halwa
Wed	16-Aug	Green Dal	Jeera Potato	Saboot Dana Kheer
Thurs	17-Aug	Kadhi	Pumpkin	Poha
Fri	18-Aug	Arhar Dal	Lady finger	Namkeen Dalia
Mon	21-Aug	Masoor Dal	Nutri Peas	Sweet Sewain
Tues	22-Aug	Chole	Capsicum Potato	Sandwitch
Wed	23-Aug	Sambhar	Brinjal Bharta	Custard
Thurs	24-Aug	Rajma	Mix Veg	Poha
Fri	25-Aug	Kale Chana	Bottle Guard	Namkeenn Poha
Mon	28-Aug	Mix Dal	Mix Veg	Saboot Dana Kheer
Tues	29-Aug	Yellow Moong Dal	Jeera Potato	Veg Idlee
Thurs	31-Aug	Green Dal	Nutri Peas	Namkeen Sewian
Note : There may be slight change in the menu due to availability item.				
<b>Shivani Khanna</b>				
<b>Headmistress</b>				