

ASN International School

MENU OF THE MONTH – July 2023

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

Day	Date	DAL	VEGETABLE	SNACKS
Mon	03-Jul	Green Moong Dal	Jeera Potatoes	Macroni
Tue	04-Jul	Rajma	Pumpkin	Kheer
Wed	05-Jul	Louki Chana Dal	Nutri Peas	Sandwich
Thu	06-Jul	Chole	Mix Veg	Poha
Fri	07-Jul	Masoor Dal	Tinda	Custard
Mon	10-Jul	Yellow Mong Dal	Bottle Gourd	Namkeen Dalia
Tue	11-Jul	Black Chana	Capsicum Potato	Sweet Sewain
Wed	12-Jul	Sambhar	Brinjal Bharta	Bread Poha
Thu	13-Jul	Mix Dal	Lady Finger	Upma
Fri	14-Jul	Dal Makhni	Jeera Potatoes	Sweet Dalia
Mon	17-Jul	Arhar Dal	Louki	Macroni
Tues	18-Jul	Matara	Mix Veg	Sandwich
Wed	19-Jul	Rajma	Brinjal Potato	Namkeen Sewain
Thurs	20-Jul	Lobhiya	Paneer Capsicum	Poha
Fri	21-Jul	Kadhi	Pumpkin	Kheer
Mon	24-Jul	Green Moong Dal	Tinda	Upma
Tues	25-Jul	Masoor Dal	Nutri Peas	Custard
Wed	26-Jul	Chole	Capsicum Potato	Bread Jam
Thurs	27-Jul	Mix Dal	Jeera Aloo	Macroni
Fri	28-Jul	Kale Chana	Mix Veg	Sweet Sawain
Mon	31-Jul	Mix Dal	Lady Finger	Upma

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

Shivani Khanna

Headmistress