

# WISDOM HIGH SCHOOL & JR. COLLEGE.

Dandeghar, Panchgani.

## Weekly Menu

Week Day	Breakfast	Lunch	Evening	Dinner
<b>Monday</b>	Poha Tea/ Milk.	Cabbage Chapati Dal - Rice	Tea Snacks	Green Gram Curry (Green Moog) Jeera Rice.
<b>Tuesday</b>	Bread (Jam/ Butter) Tea/ Milk.	Aloo palak Chapati Dal - Rice	Tea Snacks	Whole Red Lentils Curry (Akki Masoor) Steam Rice
<b>Wednesday</b>	Upma Tea/ Milk.	Chole Masala Chapati Dal - Rice	Tea Snacks	Egg Curry <b>(Non-Veg)</b> Dum Aloo <b>(Veg)</b> Yellow Rice.
<b>Thursday</b>	Misal Pav Tea/ Milk.	Brinjal Masala Chapati Dal -Rice	Tea Snacks	Kidney Beans Curry. (Rajma) Flavoured Rice.
<b>Friday</b>	Noodles/Pasta Tea/ Milk.	Flower Gobi Sabji Chapati Dal -Rice	Tea Snacks	Black Eyed Peas Curry (Chawale) Jeera Rice.
<b>Saturday</b>	Shira Tea/ Milk.	Soyabean Masala Chapati Dal -Rice	Tea Snacks	Veg Combination Fried Rice <b>(Rice- Noodles) /</b> Veg Pulao
<b>Sunday</b>	Idle Sambar Tea/ Milk	Chicken Curry <b>(Non-Veg)</b> Mutter Paneer <b>(Veg)</b> Chapati Dal -Rice	Tea Snacks	Dalcha. (Mix Moog, Masoor & Toor Dal) Steamed Rice. Papad, Pickle.