

Shri Ram Centennial School
Mess Menu for Week 1 & Week 3

| Day | Breakfast | Snack break (Residential & Day Boarders) | Lunch (Residential & Day Boarders) | Evening Fruit (Residential & Day Boarders) | Evening Tea | Dinner | Night Milk |
|-----------|--|---|--|---|--|--|----------------|
| Monday | Chocos, Bournvita Milk, Plain Milk(Hot, Cold), Puri Aloo, Boiled Eggs, Plain Toast, Butter Jam, Seasonal fruits | Multigrain Vada pav, Tomato Soup | Arhar daal, Mix Veg, Chapati, Rice, salad, papad, Brownie | Seasonal Fruit | Maggi, Hot Chocolate milk | Dhaba Style Paneer, Mughlai Chicken, Sabut Masoor, Chapatis, Rice, Mixed Salad, Green/Red chutney, Gulab jamun | Bournvita Milk |
| Tuesday | Plain Cornflakes, Bournvita Milk, Plain Milk(Hot, Cold), Aloo Paratha, Pickle, Dahi, Plain Toast, Butter Jam, Seasonal fruits | Chana chaat, Corn Soup | Kadhi pakora, Jeera Aloo, Chapati, Rice, salad, Gulab jamun | Seasonal Fruit | Spring Rolls, Hot Coffee | Kadai Paneer, Arhar Dal, Chapatis, Onion Rings, Green/Red chutney, papad, Eggless Pineapple Pastry | Bournvita Milk |
| Wednesday | Bournvita Milk, Plain Milk(Hot, Cold), Chocos, French Toast, Daal Kachori, Green chutney, Aloo Tamatar Curry, Heeng Dahi, Seasonal fruits, | Patties, Munchow Soup | Rajma, Palak Paneer, Chapati, Rice, onion rings salad, Balushahi | Seasonal Fruit | Plain French fries, Hot Chocolate milk | Mutton Rogan Josh, Kashmiri Dum Aloo, Mix Daal, Chapatis, Rice, Papad, Mixed Salad, Green/Red chutney, Choco Lava Muffin | Bournvita Milk |
| Thursday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Seasonal fruits, Paneer Paratha, Dahi, Pickle, Porridge | Poha, Lung Fung Soup | Chole puri, Methi Aloo, Rice, Salad, Papad, Ladoo | Seasonal Fruit | Paneer Kathi Roll, Hot Coffee | Aloo Gobhi, Chana daal, Egg curry, Chapatis, Rice, papad, Green/Red chutney, Jalebi | Bournvita Milk |
| Friday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Seasonal fruits, Veg Uttapam, Sambar, Plain Toast, Nutella, Jam, Vegetable Omelette | Aloo paratha, Sweet & Sour soup | Veg Fried Rice, Veg Manchurian Gravy, Veg Noodles, Fruit Custard | Seasonal Fruit | Dimsums, Hot Chocolate milk | Amritsari Murgh, Matar Paneer, Arhar Dal, Chapatis, Rice, Papad, Mixed Salad, Green/Red chutney, gajar halwa | Bournvita Milk |
| Saturday | Bournvita Milk, Plain Milk(Hot, Cold), Chocos, Seasonal fruits, Boiled Egg, Plain Toast, Onion Paratha, Paneer Bhurji, Butter, Nutella | Samosa, Veg soup | Pav Bhaji, Onion salad, Moong Daal Halwa | Seasonal Fruit | TUCK | Paratha with sarson saag, butter, Green salad, Green/Red chutney, Suji ka halwa | Bournvita Milk |
| Sunday | Bournvita Milk, Plain Milk (Hot, Cold), Plain Cornflakes, Chilli Paneer Grilled Sandwich, Chilli Chicken Grilled Sandwich, Macaroni, Seasonal fruits | NA | Rajma, Rice, Dahi Bada, Chapati, Salad, Ras malai | Seasonal Fruit | Pizza, Hot Coffee | Spicy Chicken Curry, Palak Paneer, Daal Malka, Butter Naan, Chapati, Rice, Onion Rings, Green/Red chutney, Sevai | Bournvita Milk |

Mess Menu for Week 2 & Week 4

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| Monday | Bournvita Milk, Plain Milk (Hot, Cold), Chocos, Seasonal fruits, besan chilla, Soya chunks, Plain Toast, Butter, Jam | Bread roll, Tomato Soup | Gobhi Aloo, Sabut Masoor daal, Chapati, Plain Rice, Salad, Pastries | Seasonal Fruit | Maggi, Hot Chocolate milk | Karahi Chicken, Karahi Paneer, Chana lauki daal, Chapatis, Rice, Papad, Mixed Salad, Green/Red chutney, Brownie | Bournvita Milk |
| Tuesday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Aloo Paratha, Pickle, Dahi, Seasonal fruits, Plain Toast, Nutella, Jam | Red sauce pasta, Corn soup | Dal Makhni, Aloo latpata, Jeera rice, Chapati, Salad, Gulab Jamun | Seasonal Fruit | Grilled vegetable sandwich, Hot Coffee | Paneer Butter Masala, Soyabean Dal, Chapatis, Rice, Papad, Salad, Green/Red chutney, Sevai | Bournvita Milk |
| Wednesday | Bournvita Milk, Plain Milk(Hot, Cold), Chocos, Seasonal fruits, Methi paratha, Aloo Tamatar Curry, Heeng Dahi, Green chutney, Plain Toast, Butter, Jam | Veg Besan chila, Munchow soup | Soya keema matar, Arhar Dal, Chapati, Plain Rice, Papad, Onion ring salad, Suji ka halwa | Seasonal Fruit | Plain French fries, Hot Chocolate milk | Mutton Korma, Masala paneer, Malka daal, Chapatis, Green/Red chutney, Salad, Gulab Jamun | Bournvita Milk |
| Thursday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Seasonal fruits, Veg Paratha, butter, Dahi, Pickle, Plain Toast, Nutella, Jam | Bread pakora, Lung Fung Soup | Paneer butter masala, Mix Dal, Jeera Rice, Chapati, Makhana Kheer | Seasonal Fruit | Spring Rolls, Hot Coffee | Dry Mushroom masala, Aloo Gobhi, Amritsari Dal, Chapatis, Rice, Papad, Mixed Salad, Green/Red chutney, Raspberry | Bournvita Milk |
| Friday | Bournvita Milk, Plain Milk(Hot, Cold), Chocos, Seasonal fruits, Plain Paratha, Paneer Bhurji, Egg Bhurji, Plain Toast, Butter, Jam | Onion paratha, Sweet & Sour soup | Sambhar, Idli, Lemon Rice, Coconut Chutney, Moong dal Halwa | Seasonal Fruit | Dimsums, Hot Chocolate milk | Chicken Chettinad, Paneer Kolhapuri, Masoor Dal, Chapatis, Rice, Onion Rings, Green/Red chutney, Chocolate Pastry | Bournvita Milk |
| Saturday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Seasonal fruits, Pav Bhaji, Half Fried Egg, Plain Toast, Nutella, Jam | Samosa, Veg soup | Aloo matar, Chana daal, Rice, Chapati, Papad, Salad, Rice kheer | Seasonal Fruit | TUCK | Chicken keema, Paneer Pasanda, Dal Tadka, Chapatis, Rice, Papad, Green/Red chutney, Choco Lava Cake | Bournvita Milk |
| Sunday | Bournvita Milk, Plain Milk(Hot, Cold), Plain Cornflakes, Chilli, Paneer Grilled Toast, Chilli Chicken Grilled Toast, Macaroni, Seasonal Fruits | NA | Kaala chana, Chapati, Dahi Bada, Rice, Seasonal veg, Salad, pastry | Seasonal Fruit | Chowmein, Hot Coffee | Chicken masala, Paneer Tikka Butter Masala, Dal Makhani, Butter Naan, Tandoori Roti, Rice, Onion Rings, Green/Red chutney, Jalebi | Bournvita Milk |

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