Sanskar International School

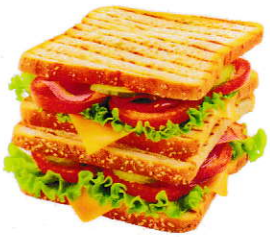
"Imparting values ... with education"

DAY SCHOLAR / DAY BOARDING MENU

BREAKFAST

(Options)

- Poha
- Idli Sambhar/ Sambhar Vada
- Stuffed Paratha
- Khaman
- Murmure
- Veg Sandwich
- Upma
- Pav Bhaji
- Chowmein
- Chole Sabzi Puri
- Burger
- Dal Pakwan





LUNCH

- Dal / Dal Makhni / Kadhi / Gatta Curry / Rajma / Paneer (Butter, Palak, Matar) / Malai Kofta.
- Vegetables – Aloo (Pyaz, Gobhi, Matar) / Gobhi / Bhindi / Patta Gobhi / Toru / Tindi / Loki / Mix veg.
- Rice – Plain / Khichdi / Pulao / Biryani.
- Chapati
- Salad
- Papad
- Curd / Butter milk / Raita (Bundi / Vegetables)
- Sweets (optional)



EVENING REFRESHMENTS (OPTIONS)

• Fresh Juice • Biscuit • Bhelpuri • Fruits • Veg Pakora • Dal Pakora
Fruit Cream • Pani Puri • Papdi Chaat • Veg Sandwich
• Gazak/ Khajoor (seasonal)





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HOSTEL MENU

MORNING STARTS WITH

Milk / Cornflakes / Biscuits / Bread Jam / Bread Butter / Fruits

BREAKFAST

- Poha
- Idli Sambhar/ Sambhar Vada
- Stuffed Paratha
- Khaman
- Murmure
- Veg Sandwich
- Upma
- Pav bhaji
- Chowmein
- Chole Sabzi Puri
- Burger
- Dal Pakwan
- Shake, Kheer, Halwa (Optional)





LUNCH

- Dal / Dal Makhni / Kadhi / Gatta Curry / Rajma / Paneer (Butter, Palak, Matar) / Malai Kofta.
- Vegetables – Aloo (Pyaz, Gobhi, Matar) / Gobhi / Bhindi / Patta Gobhi / Toru / Tindi / Loki / Mix veg.
- Rice – Plain / Khichdi / Pulao / Biryani.
- Chapati
- Salad
- Papad
- Curd / Butter milk / Raita (Bundi / Vegetables)
- Sweets (optional)



EVENING REFRESHMENTS

- Fresh Juice
- Lemon Water
- Biscuit
- Bhelpuri
- Fruits (Seasonal)
- Veg Pakora
- Dal Pakora
- Fruit Cream
- Pani Puri
- Papdi Chaat
- Veg Sandwich
- Gazak/ Khajoor (seasonal)





DINNER

- Dal / Dal Makhni / Kadhi / Gatta Curry / Rajma / Paneer (Butter, Palak, Matar) / Malai Kofta.
- Vegetables – Aloo (Pyaz, Gobhi, Matar) / Gobhi / Bhindi / Patta Gobhi / Toru / Tindi / Loki / Mix veg.
- Rice – Plain / Khichdi / Pulao / Biryani.
- Moong Dal Khichdi
- Chapati
- Salad
- Soup
- Papad
- Sweets (optional)
- Mango Shake (Seasonal)



SUNDAY SPECIAL

Rajasthani Thali - Dal Bati Churma / Haldi Sabzi/ Bajra Sogra + Kadhi/ Lapsee

South Indian Thali - Dosa Sambhar, Coconut Chutney/ Uttapam Sambhar/Sambhar Vada

Punjabi Thall - Stuffed Paratha / Makki ki roti + Sarso ka saag / Curd

North Indian Thali - Chola Bhatura+ Dahi Vada+ Stuffed Kulcha with Chola