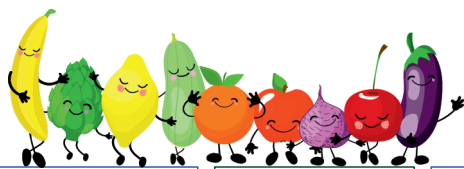


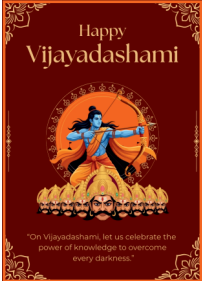
# Meal Menu



## OCTOBER



THE  
MINDCREST  
SCHOOL

| Monday                                                                                                                                                         | Tuesday                                                                                                                                         | Wednesday                                                                                  | 1 Thursday                                                                                                                                                   | 2 Friday                                                                                                                                                          | 3 Saturday  | 4 Sunday  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------|
|                                                                                                                                                                |                                                                                                                                                 |                                                                                            | Poha<br><br>Bamaniya Moong,<br>Roti,<br>Gujarati Dal,<br>Rice                                                                                                | Thepla,<br>Curd<br><br>Aloo Bhujija,<br>Roti,<br>Dal Tadka,<br>Jeera Rice                                                                                         | HOLIDAY     | HOLIDAY   |
| 5 Monday                                                                                                                                                       | 6 Tuesday                                                                                                                                       | 7 Wednesday                                                                                | 8 Thursday                                                                                                                                                   | 9 Friday                                                                                                                                                          | 10 Saturday | 11 Sunday |
| Dabeli<br><br>Cabbage Tomato<br>Mutter,<br>Roti,<br>Dal Fry, Jeera Rice<br>  | Uttapam Sambhar,<br>Chutney<br><br>Chana Masala,<br>Roti,<br>Kadhi,<br>Pulao                                                                    | Idada,<br>Chutney<br><br>Shahi Kofta,<br>Roti,<br>Mexican Rice,<br>Lemon Coriander<br>Soup | Bhel<br><br>Veg Handi,<br>Roti,<br>Dal Tadka,<br>Jeera Rice                                                                                                  | Rasawala Khaman<br><br>Bhindi Bataka,<br>Roti,<br>Gujarati Dal,<br>Rice                                                                                           | HOLIDAY     | HOLIDAY   |
| 12 Monday                                                                                                                                                      | 13 Tuesday                                                                                                                                      | 14 Wednesday                                                                               | 15 Thursday                                                                                                                                                  | 16 Friday                                                                                                                                                         | 17 Saturday | 18 Sunday |
| Ragda Tikki<br><br>Gobi Mutter,<br>Roti,<br>Dhabewali Dal,<br>Steam Rice<br> | Schezwan Dhokla<br><br>Pavbhaji,<br>Tava Pulao,<br>Salad<br> | Frankie<br><br>White Choli,<br>Roti,<br>Lucknowi Dal,<br>Steam Rice                        | Idli Sambhar,<br>Chutney<br><br>Ringan Bataka,<br>Roti,<br>Lachko Dal,<br>Rice,<br>Kadhi                                                                     | Corn Upma<br><br>Paneer Amritsari,<br>Roti,<br>Dal Fry,<br>Rice                                                                                                   | HOLIDAY     | HOLIDAY   |
| 19 Monday                                                                                                                                                      | 20 Tuesday                                                                                                                                      | 21 Wednesday                                                                               | 22 Thursday                                                                                                                                                  | 23 Friday                                                                                                                                                         | 24 Saturday | 25 Sunday |
| Chana Dal Tikki<br><br>Mutter Masala,<br>Roti,<br>Dal Panchratni,<br>Steam Rice                                                                                | Happy<br>Vijayadashami<br>                                   | Sev Khamni,<br>Chutney<br><br>Palak Kofta,<br>Roti,<br>Dum Biryani,<br>Raita               | Usal Pav<br><br>Bhindi do Pyaza,<br>Roti,<br>Dal Tadka,<br>Jeera Rice<br> | Moong Dal Chilla,<br>Chutney<br><br>Chhole Masala,<br>Roti,<br>Lemon Rice<br> | HOLIDAY     | HOLIDAY   |
| 26 Monday                                                                                                                                                      | 27 Tuesday                                                                                                                                      | 28 Wednesday                                                                               | 29 Thursday                                                                                                                                                  | 30 Friday                                                                                                                                                         | 31 Saturday | Sunday    |
| Bhel<br><br>Chatpata Aloo,<br>Roti,<br>Rajma Chawal                                                                                                            | Pasta<br><br>Soya Curry,<br>Roti,<br>Indonesian Rice,<br>Hot & Sour Soup                                                                        | Sandwich<br><br>Sprout Math,<br>Roti,<br>Dal Bukhara,<br>Steam Rice                        | Vada Sambhar,<br>Chutney<br><br>Mix Veg,<br>Roti,<br>Pakoda Kadhi,<br>Steam Rice                                                                             | Yellow Dhokla,<br>Chutney<br><br>Paneer Bhurji,<br>Roti,<br>Dal Makhni,<br>Steam Rice                                                                             | HOLIDAY     | HOLIDAY   |

 Breakfast  Lunch  Vegan  Sweet