Regular South Asian Summer Menu - Week 1

_							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal
	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	Pancake with Syrup	Danish	Carrot Muffin	Waffles w/ syrup	Lemon poppy seed muffin	English Muffin	Pancake w/ syrup or
st	toast	toast	Toast	Toast	Toast	Toast	Toast
Breakfast	Boiled Egg	Steamed Egg	Light Peanut Butter	Boiled egg	Light Peanut Butter	Turkey Patty	Boiled egg
Bre	prune juice	Apple juice	Cranberry Juice	Apple juice	Orange juice	Prune juice	Cranberry Juice
	2% milk	2% milk	2% milk	2% milk	2% milk	2% milk	2% milk
	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee
	Cream of Leek soup	Carrot Soup	Cream of Asparagus Soup	Bean Soup w/ cabbage	Minestrone soup	Vegetable tomato soup	Cream of Mushroom Soup
	Chicken Kebabs	Kadhi	Aloo Qeema	Karhai Chicken/Mint Chutney	soya beans n lobia beans Curry	Koli Kolumbu	Mixed vegetables Curry
	Roti/Rice	Roti/Rice	Roti	Rice	Brown Rice/roti	Roti/Rice	Roti/rice
	Cucumber raita(Shredded)	Channa Dal	Rapini Chundal	Garden Salad	Zuchini bhujia	Cholar curry	Kadhi
_	Yellow bean paste pudding	Mango Mousse Cake	Papaya	Sweet beancurd dessert	Sweet Tapioca/Taro	Fresh Watermelon	Black Seasame Dessert
nch	2% milk	2% Milk	2% Milk	2% milk	1 *	2% milk	2% milk
Lunch	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee
	Alternative	Alternative	Alternative	Alternative	Alternative	Alternative	Alternative
	Soybean Curry	Palak Paneer	Mixed Daal	Veggie Kolumbu	Mixed Daal	Sabzi biryani	Fish Curry
	Roti/Rice	D 4:/D:	Roti	Rice	Brown Rice/roti	Roti/Rice	Roti/rice
	real/real	Roti/Rice	Koti	Ricc	Brown Rice/ron	Koti/Kice	Roth/free
	Cauliflower Curry	Corn sabzi	Green Beans & potato Bhujia		Raita(Shredded)	Cucumber raita(Shredded)	Tossed salad w/ dressing
	Cauliflower Curry	Corn sabzi	Green Beans & potato Bhujia	Kali Daal	Raita(Shredded)	Cucumber raita(Shredded)	Tossed salad w/ dressing
	Cauliflower Curry	Corn sabzi Chilled pineapple Chicken Ginger	Green Beans & potato Bhujia	Kali Daal Canned Lychee Peas potato curry	Raita(Shredded) Honeydew Melon Minced Kofta	Cucumber raita(Shredded) Vanilla Pudding Paneer slices	Tossed salad w/ dressing Fresh Orange Paneer muttor
	Cauliflower Curry Fresh Orange	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli	Green Beans & potato Bhujia Orange Sherbert	Kali Daal Canned Lychee	Raita(Shredded) Honeydew Melon	Cucumber raita(Shredded) Vanilla Pudding	Tossed salad w/ dressing Fresh Orange
	Cauliflower Curry Fresh Orange Red Lentil daal	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental	Green Beans & potato Bhujia Orange Sherbert Potato Curry	Kali Daal Canned Lychee Peas potato curry Roti/Couscous	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice
	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers	Kali Daal Canned Lychee Peas potato curry	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice	Cucumber raita(Shredded) Vanilla Pudding Paneer slices	Tossed salad w/ dressing Fresh Orange Paneer muttor
ner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana 2% milk	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana 2% milk	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe 2% milk	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear 2% milk	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup 2% milk	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches 2% milk
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana 2% milk Tea / Coffee	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk Tea / Coffee	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana 2% milk Tea / Coffee	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe 2% milk Tea / Coffee	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear 2% milk Tea / Coffee	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup 2% milk Tea / Coffee Alternative	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches 2% milk Tea / Coffee
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana 2% milk Tea / Coffee Alternative	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk Tea / Coffee Alternative	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana 2% milk Tea / Coffee Alternative	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe 2% milk Tea / Coffee Alternative	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear 2% milk Tea / Coffee Alternative	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup 2% milk Tea / Coffee	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches 2% milk Tea / Coffee Alternative
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana 2% milk Tea / Coffee Alternative Loki Ki Sabji Roti/String Hoppers	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk Tea / Coffee Alternative Bharve Baingan Roti / Idli	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana 2% milk Tea / Coffee Alternative Take Out Day Roti/String Hoppers Kentucky Fried Chicken,	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe 2% milk Tea / Coffee Alternative Koli Kolumbu Roti/Couscous	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear 2% milk Tea / Coffee Alternative Vegetable Kofta Curry Roti/Rice	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup 2% milk Tea / Coffee Alternative Moong Daal Roti/ Idli	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches 2% milk Tea / Coffee Alternative muttor Qeema
Dinner	Cauliflower Curry Fresh Orange Red Lentil daal Roti/String Hoppers Palak Gosht Banana 2% milk Tea / Coffee Alternative Loki Ki Sabji	Corn sabzi Chilled pineapple Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk Tea / Coffee Alternative Bharve Baingan	Green Beans & potato Bhujia Orange Sherbert Potato Curry Roti/String Hoppers Bhurta Fresh Banana 2% milk Tea / Coffee Alternative Take Out Day Roti/String Hoppers	Kali Daal Canned Lychee Peas potato curry Roti/Couscous Tarka moongdal Diced Cantaloupe 2% milk Tea / Coffee Alternative Koli Kolumbu	Raita(Shredded) Honeydew Melon Minced Kofta Roti/Rice Broccoli canned Pear 2% milk Tea / Coffee Alternative Vegetable Kofta Curry Roti/Rice	Cucumber raita(Shredded) Vanilla Pudding Paneer slices Roti/ Idli Spinach dal Fresh Fruit Cup 2% milk Tea / Coffee Alternative Moong Daal	Tossed salad w/ dressing Fresh Orange Paneer muttor Roti/Rice Cowpea Daal, Kitchri Chilled peaches 2% milk Tea / Coffee Alternative muttor Qeema Roti/Rice