

# B L INTERNATIONAL SMART SCHOOL, TODARAISINGH

## MESS MENU

DATE:- 01.04.2023

Days	07:30 AM - 07:50 AM	10:15 AM -10:35 AM	01:35 PM - 02:05 PM	05:45 PM - 06:00 PM	08:00 PM - 08:30 PM
	Breakfast	Recess	Lunch	High Tea	Dinner
<b>Monday</b>	Uttapam & Sambar & Milk	Fruits / Biscuit	Mix Dal, Seasonal Veg., Rice, Chapati, Raita	Maggi & Rasna / Lemon Water	Masoor Dal, Seasonal Veg., Rice, Chapati
<b>Tuesday</b>	Poha & Milk	Fruits / Biscuit	Rajma, Seasonal Veg., Rice, Chapati, Raita	Macaroni / Veg. S/w & Rasna / Lemon Water	Dal, Seasonal Veg., Rice, Chapati
<b>Wednesday</b>	Paratha & Kadhi & Milk	Fruits / Biscuit	Mix Dal, Seasonal Veg., Rice, Chapati, Raita	Samosa & Rasna / Lemon Water	Dal Fry, Seasonal Veg., Rice, Chapati,
<b>Thursday</b>	Fried Idli / Pav Bhaji & Milk	Fruits / Biscuit	Dal, Dum Aloo ,Rice, Chapati, Raita	Bhelpuri / Dahi Papdi Chat & Rasna / Lemon Water	Mixdal, Seasonal Veg., Jeera Rice, Chapati
<b>Friday</b>	Chhola Puri / Aloo Puri & Milk	Fruits / Biscuit	Mix Dal, Seasonal Veg., Rice, Chapati, Raita	Chowmein & Rasna / Lemon Water	Chana Dal, Seasonal Veg., Rice, Chapati
<b>Saturday</b>	Idli & Sambar & Milk	Fruits / Biscuit	Dal Makhani, Seasonal Veg., Rice, Chapati, Raita	Aloo S/w & Rasna / Lemon Water	Black Dal, Seasonal Veg., Rice, Chapati
<b>Sunday &amp; Holiday</b>	08:30 AM - 09:00 AM Breakfast	01:30 PM - 02:00 PM Lunch		05:15 PM - 05:30 PM High Tea	08:00 PM - 08:30 PM Dinner
	Plain Paratha & Aloo Curry / Aloo Paratha & Curd / Dosa Samber & Milk	Dal, Rice, Veg. Chapati		Fruits & Rasna / Lemon Water	Mix Dal, Paneer Dish, Chapati, Sweets