

BHS NOIDA - JULY WEEK-3 FOOD MENU					
DATE	15 July 2024	16 July 2024	17 July 2024	18 July 2024	19 July 2024
DAYS	MON	TUE	WED	THU	FRI
BREAKFAST					
Milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk
Cereals	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Chocos
Bread	Whole Wheat Bread	Whole Wheat Bread	Multi Grain Bread	Whole Wheat Bread	Whole Wheat Bread
Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam/Honey	Butter/Jam	Butter/Jam
Hot Savoury	Corn Spinach Sandwich	Veg Wrap	Aloo Pyaz Paratha With Pickle	White Sauce Pasta with veggies	Kulcha with matar
Fruit/Sweet/Drink	Rose Milk	ButterScotch Shake	Seasonal Fruit	Mango Lassi	Seasonal Fruit
LUNCH					
Dal	Black Chana	Mix Dal	Sambhar	Kadhi pakora	Quesadilla
Vegetable	Khatta Meetha Petha	Bhindi do Pyaza	Mendu wada	Jeera Aloo	Diced Potato in Hot Garlic Sauce
Roti	Butter Roti	Butter Roti	Idli	Butter Roti	Mexican Rice
Rice	Jeera Rice	Peas Pualo	Lemon rice	Plain Rice	Pasta In Arrabiata Sauce
Salad Bar / Soups	Green Salad and Veg Macroni Salad	Sprout Chat and Achari Laccha Onion	Coconut chatni	Laccha Onion And Sprout Salad	
Curd/ Dessert	Rice Kheer	Suji ka Halwa	Pyasum Kheer	Boondi Raita	Ice Cream with Chocolate Syrup
Drink	Fresh Lime Water	Fresh Lime Water	Fresh Lime Water	Lemon Tang	Mojito
EVENING SNACK					
Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk
Snack	Veg cutlet	Sooji upma	Veg Poha	Sandwich	Besan chila
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit