

BHIS (NOIDA) - JULY WEEK-4 FOOD MENU					
DATE	22.07.24	23.07.24	24.07.24	25.07.24	26.07.24
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	Veg macroni	Cheese corn sandwich	veg burger	Veg Poha	Fried Idli
Fruit/Sweet/Drink	Banana Shake	Orange Tang	Chach	Mango Lassi	Seasonal Fruit
LUNCH					
Dal	Mix Dal	Dal Makhani	Sambhar	Pindi Chole	Veg Manchurian
Vegetable	Mix Veg	Shahi Paneer	mix veg utapam	Jeera Aloo	Hakka Noodles
Roti	Butter Roti	Butter Roti	Idli	Bhature	Honey Chilli Potato
Rice	Jeera Rice	Steam Rice	Curd Rice	Plain Rice	Fried Rice
Salad Bar / Soups	Green Salad and Coleslaw salad	Sprout Chat and Green salad	Coconut chatni	Achari Onion	
Curd/ Dessert	Rice Kheer	Multi grain halwa	Pyasum Kheer	Bhalla papdi chaat	Ice Cream with Chocolate Syrup
Drink	Fresh Lime Water	Fresh Lime Water	Fresh Lime Water	Chach	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