

ZEN SCHOOL

Food Menu 2019-20

	April	May	June	July	August	September	October	November	December	January	February	March	Break Fast	Lunch
Monday	1			1									Batakapaua	Roti - Veg; Dal - Rice
Tuesday	2			2			1						PapadPaua	Roti -Veg; kichdi -B. milk
Wednesday	3	1		3			2			1			Sevkhmani	Roti -Veg; Dalfry -jeera Rice
Thursday	4	2		4	1		3			2			Upma	Roti - Kathol;PKadi- Rice, Salad
Friday	5	3		5	2		4	1		3			Chaat bhel	Roti - Veg; Dal - Rice
Saturday	6	4	1	6	3		5	2		4	1	1	1st Saturday Brunch -Classes III to XII	
Sunday	7	5	2	7	4	1	6	3	1	5	2	2		
Monday	8	6	3	8	5	2	7	4	2	6	3	3	Sev- mamra; Fruit	Roti - Kathol;PKadi- Rice, Salad
Tuesday	9	7	4	9	6	3	8	5	3	7	4	4	Noodles	Roti -Veg; Dalfry -jeera Rice
Wednesday	10	8	5	10	7	4	9	6	4	8	5	5	Papdi lot	Roti - Veg; Dal - Rice
Thursday	11	9	6	11	8	5	10	7	5	9	6	6	Bataka paua	Roti -Veg; kichdi -kadi
Friday	12	10	7	12	9	6	11	8	6	10	7	7	Idada Chutney	Roti - Veg; Dal - Rice
Saturday	13	11	8	13	10	7	12	9	7	11	8	8	2nd Saturday - Holiday	
Sunday	14	12	9	14	11	8	13	10	8	12	9	9		
Monday	15	13	10	15	12	9	14	11	9	13	10	10	Upma	Roti - Veg; Dal - Rice
Tuesday	16	14	11	16	13	10	15	12	10	14	11	11	Papad Paua	Roti -Veg; kichdi -B. milk
Wednesday	17	15	12	17	14	11	16	13	11	15	12	12	Dabeli	Roti - Veg; Dal - Rice
Thursday	18	16	13	18	15	12	17	14	12	16	13	13	Noodles	Roti - Kathol;PKadi- Rice, Salad
Friday	19	17	14	19	16	13	18	15	13	17	14	14	Chatpatachana Paua	Roti -Veg; Dalfry -jeera Rice
Saturday	20	18	15	20	17	14	19	16	14	18	15	15	3rd Saturday Brunch -Classes III to XII	
Sunday	21	19	16	21	18	15	20	17	15	19	16	16		
Monday	22	20	17	22	19	16	21	18	16	20	17	17	Bhajiya	Roti -Veg; Dalfry -jeera Rice
Tuesday	23	21	18	23	20	17	22	19	17	21	18	18	Pasta	Roti - Kathol;PKadi- Rice, Salad
wednesday	24	22	19	24	21	18	23	20	18	22	19	19	Sev- usad	Roti - Veg; Dal - Rice
Thursday	25	23	20	25	22	19	24	21	19	23	20	20	Chaat bhel	Roti - Kathol;PKadi- Rice, Salad
Friay	26	24	21	26	23	20	25	22	20	24	21	21	Bataka paua	Roti - Veg; Dal - Rice
Saturday	27	25	22	27	24	21	26	23	21	25	22	22	4th Saturday- Brunch - Classes VI to XII	
Sunday	28	26	23	28	25	22	27	24	22	26	23	23		
Monday	29	27	24	29	26	23	28	25	23	27	24	24	Khaman -chutney	Roti -Veg; kichdi -kadi
Tuesday	30	28	25	30	27	24	29	26	24	28	25	25	Bread sandwich	Roti -Veg; Dalfry -jeera Rice
Wednesday		29	26	31	28	25	30	27	25	29	26	26	Corn Bhel	Roti - Veg; Dal - Rice
Thursday		30	27		29	26	31	28	26	30	27	27	Batakapaua	Roti - Kathol;PKadi- Rice, Salad
Friday		31	28		30	27		29	27	31	28	28	Dhokla- chutney	Roti - Veg; Dal - Rice
Saturday			29		31	28		30	28			29	5th Saturday - Brunch- Classes III To XII	
Sunday			30			29			29			30		
Monday						30			30			31	Sev –mamra	Roti -Veg; Dalfry -jeera Rice
Tuesday									31				Pasta	Roti - Veg; Dal - Rice

Brunch : 1. Fried Rice + Manchurian gravy; 2. Pau Bhaji + Pulav; 3. Cholebature + Jeera Rice ; 4. Full lunch
Sweet will be provided in the 1st and 3rd week of the month.