

**Salwan Montessori School, Gurugram**

**MID DAY MEAL MENU**

**2025-2026 (MONTESSORI to GRADE I )**

MENU			
		9.30 am	11.00 am
First and Third Week	Monday	Sweet Dalia	Lobia / Rajma+Rice
	Tuesday	Vegetable poha	Karahi paneer / Matar paneer/ Butter paneer + chapati
	Wednesday	Upma	Veg. Biryani + salan
	Thursday	Banana	Aloo Soyabean + Chapati
	Friday	Vegetable Vermicelli	Pindi Chole + Poori + Sitaphal
	Saturday *	Besan Burfi	Kaathi Roll/ Chole Kulcha
Second and Fourth week	Monday	Banana/ orange/ grapes /plum	Kadhi + Rice
	Tuesday	Veg Quinoa / Vegetable Dalia / Soya Cutlet	Pav bhaji
	Wednesday	Tomato Soup / Sweet Corn with soup sticks	Idli /vada+ Sambar + Ice Cream
	Thursday	Sooji Kheer	Kofta Curry / Seasonal Vegetable + Chapati
	Friday	Buttered corn cup	Arhar Dal +Rice

**\*Grade I**

## Salwan Montessori School, Gurugram

### MID DAY MEAL MENU 2025-2026

MENU		
Fifth Week	Monday	Aloo Tomato Curry +Poori + Rice Kheer
	Tuesday	Paneer Sabzi +Chapati +Custard with nuts
	Wednesday	Lemon Rice +Sambar + Rasgulla / Gulab Jamun
	Thursday	Sesonal Vegetable +Chapati + banana/ orange/ grapes /plum
	Friday	Kale Chana + Rice + Sooji / Atta Halwa
	Saturday *	Pasta + Oats Kheer

**\*Grade I**