

JAIN HERITAGE A CAMBRIDGE SCHOOL
WEEKLY MENU - FIRST WEEK

| TIME | DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|----------------|----------------------|--------------------|-----------------------|-------------------|-------------------|
| 8:30 AM | Breakfast | | | | | | |
| | Cornflakes | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| | Bread Item | JAM | BUTTER | JAM | BUTTER | JAM | BUTTER |
| | Hot Item | Poori baji | IDLY- CHETNEY SAMBER | MAGGI | VADA - CHETNEY SAMBER | ALU PARATA - CURD | UTTAPAM - CHETNEY |
| | | | | | | | |
| 11:00 AM | Refreshments | | | | | | |
| | Juice / Soup | FRESH JUICE | FRESH JUICE | FRESH JUICE | FRESH JUICE | SOUP | FRESH JUICE |
| | | | | | | | |
| 1:00 PM | Lunch | | | | | | |
| | Salad | GREEN SALAD | TOMATO | FINGER | COCUMBER | SPROUT SALAD | MIX SALAD |
| | Indian Bread | TAWA ROTI | TAWA PARATRA | POORI | ROTI | CHINESE | MISSI ROTI |
| | Dry Vegetable Curry | MIX VEG | ALU SIMLA TOMATO | LOVEKEE CHENNA DAL | FOOL GOBI MUTTER | CHILLI PANEER | RANI PALAK |
| | Wet Vegetable Curry | LOVE KI KOFTHA | RAJAMA MASALA | DAM ALU | MOONG MASALA | VEG NODDLE | CHANNA MASALA |
| | Plain Rice | LEMON RICE | VEG BIRYANI | GP POLOV | ZEERA RICE | VEG FRIED RICE | PULIHORA RICE |
| | Dal / Sambaar | DAL FRY | LASON DAL | SAMBER | MIX DAL | | SAMBER - RASAM |
| | Curds | PLAIN CURD | MIX RAITHA | CURD | BUTTER MILK | CURD RICE | CURD |
| | Pappad | Prams | Pappad | Prams | Pappad | Prams | Pappad |
| | Chutney | CHUTNEY | PICKLE | CHUTNEY | PICKLE | | CHUTNEY |
| | Pickle | | | | | | |
| | Desert | | | SWEET | | SWEET | |
| | | | | | | | |
| 4:00 PM | High-Tea | | | | | | |
| | Snacks | KANDVI | SAMOSA | RAGADA PATIES | CHENISE BHEAL | COCKIES | BREAD PAKODA |
| | Flavored Milk | BOURNVITA | KASER BADAM MILK | ST MILK | HORLICKS | BOOST | HORLICKS |

JAIN HERITAGE A CAMBRIDGE SCHOOL
WEEKLY MENU - II WEEK

| TIME | DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|-----------------------|--------------|---------------|----------------|------------------------|------------------|
| 8:30 AM | Breakfast | | | | | | |
| | Cornflakes | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| | Bread Item | JAM | BUTTER | JAM | BUTTER | JAM | BUTTER |
| | Hot Item | IDLY-CHUTNEY - SAMBER | POORI BHAJI | MASALA DOSA | VEG UPMA | MOONG CHILLA | BAMBINO UPMA |
| 11:00 AM | Refreshments | | | | | | |
| | Juice / Soup | FRESH JUICE | FRESH JUICE | FRESH JUICE | FRESH JUICE | SWEET CORNSOUP | FRESH JUICE |
| 1:00 PM | Lunch | | | | | | |
| | Salad | MIX SALAD | COCUMBER | CUT SALAD | GREEN SALAD | SPROUT | MIX |
| | Indian Bread | TAWA ROTI | TAWA PARAT A | TAWA ROTI | MISSI ROOTI | | TAWA ROTI |
| | Dry Vegetable Curry | ALU MITHI | VEG JAL FIZE | KUNDRU CHENNA | ALU SINGAPOORI | CHOLE BATURE | BEHNGAN BARTHA |
| | Wet Vegetable Curry | CAPCICAM TOMATO CURRY | MALAI KOFTA | PANEER MASALA | PALAK CORN | PULIYAGRA RICE | MOOT MASALA |
| | Plain Rice | MASALA RICE | ZEERA RICE | KICHIDI | VEG BIRYANI | BUTTER MILK | MASALA RICE |
| | Dal / Sambaar | KADI PAKODA | DAL PALAK | SAMBER | DAL TADKA | DAI VADA | DAL FRY |
| | Curds | CURD | CURD | CURD | MIX RAITHA | | CURD |
| | Pappad | PAPPED | PRAMS | PAPPED | PRAMS | PAPPED | PRAMS |
| | Chutney | PICKLE | CHUTNEY | PICKLE | CHUTNEY | PICKLE | CHUTNEY |
| | Pickle | | | | | | |
| | Desert | | | SWEET | | SWEET | |
| 4:00 PM | High-Tea | | | | | | |
| | Snacks | SAV KAMAN | FRUIT CAKE | SPRING ROLL | CLUB SANDWICH | BHEAL | PALAK VADA |
| | Flavored Milk | KASER BADAM MILK | BOURNVITA | BOOST | HORLICKS | STRAW BERRY MILK SHAKE | KASER BADAM MILK |

JAIN HERITAGE A CAMBRIDGE SCHOOL
WEEKLY MENU - III WEEK

| TIME | DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|---------------|--------------------------|-------------------|--------------------|--------------------|---------------------|
| 8:30 AM | Breakfast | | | | | | |
| | Cornflakes | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| | Bread Item | JAM | BUTTER | JAM | BUTTER | JAM | BUTTER |
| | Hot Item | MASALA POHA | UTHAPAM - SAMBER CHUTNEY | MAGGI | VADA SAMBER | MASALA PARATA CURD | IDLY SAMBER CHUTNEY |
| 11:00 AM | Refreshments | | | | | | |
| | Juice / Soup | FRESH JUICE | FRESH JUICE | FRESH JUICE | FRESH JUICE | TOMATO SOUP | FRESH JUICE |
| 1:00 PM | Lunch | | | | | | |
| | Salad | MIX SALAD | CUT SALAD | TOMATO SALAD | COCUMBER | SPROUT SALAD | MIX SALAD |
| | Indian Bread | MASALA POORI | TAWA ROTI | TAWA PARATA | TAWA ROTI | | MISSI ROTI |
| | Dry Vegetable Curry | BENDI | ALU GOBI FRY | LOVKI CHENNA DAL | PATTA GOBI MUTTER | MANCHURIAN | KUNDRU KALA CHENNA |
| | Wet Vegetable Curry | CHENNA MASALA | RAJAMA MASALA | KOFTHA CURRY | PANEER SHAHI KURMA | SIZWAN NODDLES | ALU TOMATO CURRY |
| | Plain Rice | ZEERA RICE | PLAIN RICE | GREEN PIECE POLAV | LEMON RICE | VEG FRIED RICE | MOONG KICHIDI |
| | Dal / Sambaar | DAL MAKANI | MIX DAL | DAL FRY | DAL THARKA | | WHITE KADI |
| | Curds | BUTTTER MILK | CURD | CURD | BOONDI RAITHA | CURD RICE | CURD |
| | Pappad | Pappad | PRAMS | Pappad | PRAMS | Pappad | PRAMS |
| | Chutney | CHUTNEY | PICKLE | CHUTNEY | PICKLE | CHUTNEY | PICKLE |
| | Pickle | | | | | | |
| | Desert | | | SWEET | | SWEET | |
| 4:00 PM | High-Tea | | | | | | |
| | Snacks | BHEAL | DHOKLA | DABELI | RAGADA PATEIS | VEG SANDWICH | ALU BONDA |
| | Flavored Milk | BOURNVITA | KASEER BADAM MILK | ST MILK | HORLICKS | BOOST | BOURNVITA |

JAIN HERITAGE A CAMBRIDGE SCHOOL
WEEKLY MENU - IV WEEK

| TIME | DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|---------------|--------------------|----------------|-------------------|----------------|-----------------------|
| 8:30 AM | Breakfast | | | | | | |
| | Cornflakes | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| | Bread Item | JAM | BUTTER | JAM | BUTTER | JAM | BUTTER |
| | Hot Item | MASALA DOSA | VEG UPMA | POORI BHAJI | UTHAPAM - CHUTNEY | MOONG CHILLA | IDLY - CHUTNEY SAMBER |
| 11:00 AM | Refreshments | | | | | | |
| | Juice / Soup | FRESH JUICE | FRESH JUICE | FRESH JUICE | FRESH JUICE | SOUP | FRESH JUICE |
| 1:00 PM | Lunch | | | | | | |
| | Salad | COCUMBER | MIX | CARROT | FINGER | GREEN SALAD | SPROUT SALAD |
| | Indian Bread | TAWA ROTI | PARATA | TAWA ROTI | MASALA ROTI | PAV BHAJI | TAWA ROTI |
| | Dry Vegetable Curry | RANI PALAK | ALU BHENGAN | PANEER JAIPURI | MIX VEG | KASTHA KACHORI | ALU SIMLA GAGER DRY |
| | Wet Vegetable Curry | RAGAMA MASALA | MITHI MUTTER MALIE | CHOWLAI TOMATO | CHENNA MASALA | MASALA RICE | PANEER BUTTER MASALA |
| | Plain Rice | VEG BRIYANI | ZEERA RICE | PLAIN RICE | LEMON RICE | KADI PAKODA | GREEN PIECE POLAV |
| | Dal / Sambaar | DAL ZEERA FRY | MIX DAL | SAMBER RASAM | DAL TADKA | | TARKA DAL |
| | Curds | MIX RAITHA | CURD | CURD | BUTTER MILK | | CURD |
| | Pappad | PAPPAD | PRAMS | PAPPAD | PRAMS | PAPPAD | PRAMS |
| | Chutney | CHUTNEY | PICKLE | CHUTNEY | PICKLE | CHUTNEY | PICKLE |
| | Pickle | | | | | | |
| | Desert | | | SWEET | | SWEET | |
| 4:00 PM | High-Tea | | | | | | |
| | Snacks | TOMATO DOSA | BISCUIT OR COOKIES | BHAEL | SPRING ROLL | PANI POORI | CLUB SANDWICH |
| | Flavored Milk | KASER BADAM | ST MILK | BOURNVITA | HORLICKS | BOOST | ROOHAFZA |

JAIN HERITAGE A CAMBRIDGE SCHOOL
WEEKLY MENU - V WEEK

| TIME | DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|--------------------|---------------------|------------------|------------------------|-------------------|--------------------|
| 8:30 AM | Breakfast | | | | | | |
| | Cornflakes | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| | Bread Item | BUTTER | JAM | BUTTER | JAM | BUTTER | JAM |
| | Hot Item | MAGGI | IDLY SAMBER CHUTNEY | POORI BHAJI | UTHAPAM SAMBER CHUTNEY | VEG PARATA - CURD | MASALA UPMA |
| 11:00 AM | Refreshments | | | | | | |
| | Juice / Soup | FRESH JUICE | FRESH JUICE | FRESH JUICE | FRESH JUICE | SOUP | FRESH JUICE |
| 1:00 PM | Lunch | | | | | | |
| | Salad | COCUMBER | TOMATO | MIX | CARROT | CHINISE SAALD | FINGER |
| | Indian Bread | ROTI | MISSI ROTI | TAWA PARATA | TAWA ROTI | | TAWA ROTI |
| | Dry Vegetable Cur | PALAK CORN | BENDI | MIX VEG | MALAI MITHI MUTTER | CHILLI VEGETABLE | CABBAGE ALU TAMOTA |
| | Wet Vegetable Cur | BASAN GATTA | ACHARI PANEER | ALU TOMATO CURRY | MOOUT | VEG NODDLE | CHOLEY MASALA |
| | Plain Rice | DAL KICHIDI | MASALA RICE | LEMON RICE | ZEERA RICE | VEG FRIED RICE | MASALA RICE |
| | Dal / Sambaar | GUJRATHI KADI | PALAK DAL | DAL ZEERA FRY | DAL TADKA | | MIX DAL |
| | Curds | CURD | BUTTER MILK | CURD | MIX RAITHA | DHAI VADA | CURD |
| | Pappad | PAPPAD | PRAMS | PAPPAD | PRAMS | PAPPAD | PRAMS |
| | Chutney | CHUTNEY | PICKLE | CHUTNEY | PICKLE | CHUTNEY | PICKLE |
| | Pickle | | | | | | |
| | Desert | | | SWEET | | SWEET | |
| 4:00 PM | High-Tea | | | | | | |
| | Snacks | VEG MANCHURIAN DRY | RAGADA PATIES | FRENCH FRY | COOKIES OR FRUIT CAKE | VEG SANDWICH | BHEAL |
| | Flavored Milk | BOURNVITA | HORLICKS | KASEER BADAM | BOOST | ST MILK | BOURNVITA |