



Pls see the calories per dish, which we are inserting alongside, per portion. These have been arrived at by calculating our recipes with the numbers of portions being consumed per day, and arriving at an average. We hope some of this information will be useful to you. Best regards for a good 17-18 school-year from the Kitchen Team.

Middle School Lunch Menu

August 7th to August 11th, 2017

	Monday	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	WELCOME !!	Mixed Vegetable	110	Roast Mushroom	100	Tomato Crouton	125	Veg Noodle	125
Appetizer	 <p>The Food Services wish you Bon Appetit !</p>	~		Papadum	25	Focaccia	62	Bruschetta	44
Main Course Option 1		Pizza with Chicken Mince	256	Chicken Curry and Rice	350 120	Fusilli Carbonara (Bacon & Eggs)	400	Fried Rice with Meat and eggs	340
Main Course Option 2		Tuna in Rye Bread	150	Meat and Cheese Wrap	268	Hot Dog (Chicken)	210	Chicken burger	465
Vegetarian		Margarita Pizza	221	~Veg & Cheese Wrap ~ Paneer Curry	255 250	~Creamy Veg Fusilli ~Veggie Dog	370 171	~Veg Fried Rice ~Veg burger	145 200
Dessert		Apple Strudel	79	Strawberry Frozen Yoghurt	93	Mini Cinnamon Roll	79	Mango Sorbet	77
Drink of the day		Pink Lemonade	66	Orange Juice	90	~Chocolate Milk ~Lemon Iced Tea	172 93	Mixed Fruit Juice	90

August 14th to 18th, 2017

	Monday	Kcal	Tuesday	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Sweetcorn	115	Indian Independence Day holiday 	Consomme Pasta	150	Lentil Coconut	140	Cream of Chicken	150
Appetizer	Organic Boiled Egg	71		Vegetable Noodles in Black bean sauce	150	Kappa maki (Cucumber Sushi)	88	Mozarella Tomato Salad	45
Main Course Option 1	Macaroni Cheese	370		Sloppy Joe	343	Roast Chicken with Mashed Potatoes	280 79	Shepherd's Pie	250
Main Course Option 2	Buttered Meat & Gravy Toast	225		Chicken Kabab Roll	230	Bacon & Tomato Toast	295	Grilled Ham & Cheese Sandwich	275
Vegetarian	Refried Beans Toast	210		~Tomato Corn Sauce ~Paneer Roll	270 220	~Cheese cutlet ~Veg Submarine	300 240	~Spinach Quiche ~Grilled Cheese Sandwich	120 250
Dessert	Chocolate Ice cream	110		Green Apple Frozen Yoghurt	93	Banana Cake Slice	135	Lemon Sorbet	77
Drink of the day	Lemonade	66		Orange Juice	90	~Strawberry Milk ~Peach Iced Tea	150 93	Apple Juice	66

August 21st to 25th, 2017

	Monday	Kcal	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Potato Leek (with optional Bacon)	104	Clear meat soup with Profiteroles	192	Chicken Noodle	100	Minestrone	62	Roast Pumpkin & Garlic	160
Appetizer	~		Spring roll	93	Herb Baguette	62	Baked Potato	52	Mozarella Tomatoes	44
Main Course Option 1	Pizza with Pepperoni	238	Chicken Stroganoff, Organic Brown Rice	240 70	Meat Lasagna	400	Stir-fried Chicken Chow Mein	290	Meat Cutlet with Gratinated Potatoes	250 79
Main Course Option 2	Egg Salad in Multigrain bread	210	Hamburger	420	Roast Chicken in Panini	250	Qesadilla with Meat	268	Chicken Sausage in Blanket	220
Vegetarian	Pizza Margarita	221	~Veg Stew ~ Vegburger	300 380	~Spinach Lasagna ~Grilled Paneer Panini	285 250	~Veg Chow Mein ~Veg Qesadilla	230 118	~Veg Cutlet ~Veggies in Blanket	230 170
Dessert	Banana Caramel ice cream	110	Chocolate & Fruit Pastry	135	Kiwi Frozen Yoghurt	93	Carrot Muffin	135	Orange Sorbet	77
Drink of the day	Fruit Punch	90	~Banana Milk ~Iced Tea	150 93	Mint Lemonade	68	Mixed Fruit Juice	90	Orange Juice	90

Other Daily Items

Plain Cheese Sandwich-Gouda / Cheddar(230 Kcal), Peanut Butter Jelly Sandwich(244 Kcal), Mini Indian Meal (Rice, Daal, Vegetable Curry, Yoghurt), Fruit Cup (33 Kcal), Plain Milk (75 Kcal).

Sandwich/ Salad Bar

At the center of the cafeteria, please find an additional choice of 3 veg/non-veg sandwiches, as well as a choice of 3 salads, which are available especially for MS. **Do plan, however, on not taking more than 2 drinks with your daily lunch.**