



The Millennium<sup>TM</sup>  
School

Surat



# Meal Menu

## APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>01</b> Idli Sambhar, Chutney  Mix. Veg Dry, Roti, Daltadka, Steam Rice	<b>02</b> Quesadila, Salsa Sauce  Flower Mutter, Roti, Gujarati Dal, Rice	<b>03</b> Harabhara Kabab  Dry Moong, Roti, Masala Khichadi, Kadhi	<b>04</b> Pasta  Nargis Kofta, Roti, DalFry, Rice, Rava Sheera	<b>05</b> Uttapam, Sambhar, Chutney  Pav Bhaji, Tawa Pulao, Salad	<b>06</b> HOLIDAY	<b>07</b> HOLIDAY
<b>08</b> Aaloo Bonda  Mix Kathod, Roti, Pakoda Kadhi, Steam Rice	<b>09</b> Tadka Idli, Chutney  Sprout Math, Roti, Dal, Rice	<b>10</b> Yellow Dhokla  Palak Paneer, Roti, Dal Fry, Jeera Rice	<b>11</b> Thepla, Curd  Rajma, Roti, Masala Rice, Lemon Coriander Soup	<b>12</b> Idada, Chutney  Veg. Hariyali, Roti, Dal Pancharatni, Steam Rice	<b>13</b> HOLIDAY	<b>14</b> HOLIDAY
<b>15</b> Ragda Tikki  Began Potato Sabji, Roti, Khichadi, Kadhi	<b>16</b> Sev Khaman, Besan Kadhi  Veg. Handi, Roti, Palak Dal, Steam Rice, Sweet Bundi	<b>17</b> Moong Dal Chilla  Tindora Potato, Roti, Dal Tadka, Jeera Rice	<b>18</b> Mix. Paratha, Curd  Cabbage Potato, Roti, Gujarati Dal, Rice	<b>19</b> Bhel  Chhole, Puri, Veg. Biryani	<b>20</b> HOLIDAY	<b>21</b> HOLIDAY
<b>22</b> Poha  Aaloo Mutter, Roti, Dhabawali Dal, Rice	<b>23</b> Veg. Dhokla, Chutney  Sev Tomato, Roti, Gujarati Dal, Rice	<b>24</b> Sandwich  Deshi Chana, Roti, Moong Dal, Rice	<b>25</b> Vada, Sambhar, Chutney  Veg. Kheema Masala, Roti, Masala Khichadi, Kadhi	<b>26</b> Indori Poha  Paneer Makhanwala, Roti, Dum Biryani, Bundi Raita	<b>27</b> HOLIDAY	<b>28</b> HOLIDAY
<b>29</b> Uttapam, Sambhar, Chutney  Capsicum Potato, Roti, Dal Fry, Jeera Rice	<b>30</b> Misal Pav  Flower Mutter, Roti, Dal Makkahni, Stema Rice					

Sprouts can be easily germinated on your kitchen counter!  
Most beans can be germinated in glass jars and are ready  
to eat within 3 to 4 days.

