Nisarga Batika School | For Experiential Learning

Food Menu
Nisarga Batika School (Year 2083)

Day	Breakfast Morning ECA Class	Breakfast Pre-school & Grade 1	Lunch	Afternoon Snacks
First Week (1st Week)				
Mon	Choice of Bread, Choice of Jam, Butter, Peanut Butter, Corn Flakes, Muesli, Egg, Seasonal Fruits, Hash Brown Potato & Milk	Cereal, Egg & Milk	Rice, Aloo Peas Curry, Dal & Mix Pickle	Veg/Chicken Momo with Chutney
Tue		Cheese Sandwich & Milk	Rice, Potato Wedges, Seasonal Veg, Dal & Tomato Pickle	Assorted Fruits
Wed		Crackers & Milk	Rice, Garlic Chicken/Paneer, Dal, Alu Jeera & Saag	Peanut Sandwich & Lemon Mint
Thu		Egg Sandwich & Milk	Rice, Alu Jeera, Quati & Pickle	Veg. Noodles with Tomato Ketchup & Juice/ Lemonade
Fri		Jam Sandwich & Horlicks	Egg/Mushroom Fry Rice, Chinese Cabbage, Potato Fry & Tomato Pickle	Croissant with Juice / Horlicks
Second Week (2nd Week)				
Mon	Choice of Bread, Choice of Jam, Butter, Peanut Butter, Corn Flakes, Muesli, Egg, Seasonal Fruits, Hash Brown Potato & Milk	Cereal, Egg & Milk	Butter Rice, Sautéed Veg, Dal, & Potato Pickle	French Fries, Ketchup & Juice
Tue		Cheese Sandwich & Bourn vita	Rice, Rajma Masala, Seasonal Veg & Pickle	Sweet Corn Salad & Smoothie/Ginger Lemon
Wed		Crackers & Milk	Rice, Paneer/ Fish, Dal & Saag	Peanut Butter Sandwich & Juice/Milk Shake
Thu		Egg Sandwich & Milk	Rice, Stir Fried Veg, Potato Fry, Dal & Tomato Pickle	Aloo Chana with Juice
Fri		Peanut Butter Sandwich & Horlicks	Rice, Mushroom/ Egg Bhuiya, Dal & Pickle	Dahi Chiura

Third Week (3rd Week)				
Mon	Choice of Bread, Choice of Jam, Butter, Peanut Butter, Corn Flakes, Muesli, Egg, Seasonal Fruits, Hash Brown Potato & Milk	Cereal, Egg & Milk	Pilaf Rice, Seasonal Veg, Potato Fry, Dal & Salad	Veg/Chicken Momo with Chutney
Tue		Cheese Sandwich & Milk	Rice, Chole Gravy, Seasonal Veg & Pickle	Halwa & Juice
Wed		Crackers & Milk	Rice, Chicken /Paneer Nepali Curry, Dal & Pickle	Assorted Fruits
Thu		Egg Sandwich & Milk	Rice, Potato Kabab, Dal, Seasonal Veg & Salad	Doughnut & Juice / Horlicks
Fri		Jam Sandwich & Bourn Vita	Egg/Mushroom Fried Rice, Sauteed Potato, Veg Manchau Soup & Salad	Potato Wafers with Tomato Ketchup & Juice / Lemonade
Fourth Week (4th Week)				
Mon	Choice of Bread, Choice of Jam, Butter, Peanut Butter, Corn Flakes, Muesli, Egg, Seasonal Fruits, Hash Brown Potato & Milk	Cereal, Boiled Egg & Milk	Rice, Dal, Mixed Veg Curry, Potato Wedges & Pickle	Pasta with Tomato Sause & Lemonade
Tue		Cheese Sandwich & Milk	Rice, Aloo Dum, Seasonal Veg, Dal & Salad	Chiura Pulao & Juice/Lemonade
Wed		Crackers & Milk	Veg /Chicken Biryani with Raita & Saag	French Fries, Ketchup & Juice
Thu		Egg Sandwich & Milk	Veg Pulao, Rajma Gravy, Aloo Jeera & Pickle	Sandwich & Juice/Horlicks
Fri		Butter Sandwich & Horlicks	Plain Rice, Egg/Mushroom Curry, Saag, Dal & Pickle	Veg Noodles with Lemon Ginger

NOTE: This is a tentative schedule of the school food menu; it is more a reflective of varieties and combination of food served during different mealtimes at school. Some changes could occur as per the availability and seasonality of the products and ingredients. The food menu is updated for different school events and celebrations.