



# GATEWAY INTERNATIONAL SCHOOL

## MENU FOR THE MONTH OF DECEMBER 2023

DATE	MENU	MEALS
<b>01.12.2023</b>	<b>BREAK FAST</b>	<b>Missi parantha, Curd, Tea, Fruit / Snack</b>
<b>FRIDAY</b>	LUNCH	Rice, Chapati, Chana dal, Palak corn, Salad
	SNACKS 6 PM	Fruit chaat
	DINNER	Rice, Chapati, Yellow dal tadka, Dum aloo, Salad
	BEFORE BED	Milk & Biscuit
<b>02.12.2023</b>	<b>BREAK FAST</b>	<b>Macroni, Milk, Tea, Fruit / Snack</b>
<b>SATURDAY</b>	LUNCH	Puri, Matar aloo, Raita, Salad
	SNACKS 6 PM	Milk & Fruit
	DINNER	Chapati, Rice, Methi aaloo, Gajar Matar, Salad
	BEFORE BED	Milk & Biscuit
<b>03.12.2023</b>	<b>BREAK FAST</b>	<b>Mix veg parantha, Curd, Pickle, Tea</b>
<b>SUNDAY</b>	LUNCH	Rice, Chapati, Black chana, Ghiya veg, Salad
	SNACKS 6 PM	Sandwich
	DINNER	Matar pulao, Sabut moong dal, Soyabean aloo, Salad
	BEFORE BED	Milk & Biscuit
<b>04.12.2023</b>	<b>BREAK FAST</b>	<b>(Pre-Primary &amp; College- Namkeen dalia, Cornflakes, Milk, Tea) (Primary to Sr Secondary- Chapati, Rajma, Milk, Tea, Fruit / Snack)</b>
<b>MONDAY</b>	LUNCH	Rice, Chapati, Rajma, gajar matar aloo, Salad
	SNACKS 6 PM	Sevian kheer
	DINNER	Rice, Chapati, Black masoor dal, Baigan bharta, Salad, Fruit Custard
	BEFORE BED	Milk & Biscuit
<b>05.12.2023</b>	<b>BREAK FAST</b>	<b>Chole Kulche, Chutni, Milk, Tea, Fruit / snack</b>
<b>TUESDAY</b>	LUNCH	Rice, Chapati, Lobia, Mix veg, Salad
	SNACKS 6 PM	Besan cheela
	DINNER	Veg pulao, Chapati, Pachranga dal, Chaap, Salad
	BEFORE BED	Milk & Biscuit
<b>06.12.2023</b>	<b>BREAK FAST</b>	<b>Gobhi parantha, Curd, Milk, Tea, Fruit / Snack</b>
<b>WEDNESDAY</b>	LUNCH	Jeera rice, Chapati, Urad Chana Dal, Matar paneer, Salad
	SNACKS 6 PM	Cream biscuit, Milk shake
	DINNER	Makki ki Roti, Makhni Dal, Sarso Saag, Salad
	BEFORE BED	Milk & Biscuit
<b>07.12.2023</b>	<b>BREAK FAST</b>	<b>(Pre Primary &amp; College- Grilled sandwich, Milk, Tea) (Primary to Sr Secondary- Chapati, Kadhi pakora, Tea, Fruit / Snack)</b>
<b>THURSDAY</b>	LUNCH	Jeera Rice, Chapati, Kadhi Pakora, Methi Aaloo, Salad
	SNACKS 6 PM	Veg sandwich
	DINNER	Rice, Chapati, Sabut masoor dal, Lady finger, Salad, Jalebi
	BEFORE BED	Milk & Biscuit
<b>08.12.2023</b>	<b>BREAK FAST</b>	<b>Idli sambhar, Milk, Tea, Fruit / Snack</b>
<b>FRIDAY</b>	LUNCH	Rice, Chapati, Mix dal, Aloo shimla mirch, Salad
	SNACKS 6 PM	Chowmein
	DINNER	Rice, Chapati, Rajma, Gajar Matar, Salad
	BEFORE BED	Milk & Biscuit
<b>09.12.2023</b>	<b>BREAK FAST</b>	<b>Vegetable poha, Sweet daliya, Ketchup, Milk, Tea</b>
<b>2nd SATURDAY</b>	LUNCH	Jeera rice, Chapati, Black chana, Jeera aloo, Salad
	SNACKS 6 PM	Aloo Finger
	DINNER	Rice, Chapati, Arhar dal, Ghiya veg, Salad



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	BEFORE BED	Milk & Biscuit
<b>10.12.2023</b>	<b>BREAK FAST</b>	<b>Bread Pakora, Ketchup, Milk, Tea</b>
<b>SUNDAY</b>	LUNCH	Jeera rice, Chapati, Moong chilka dal, Baigan bharta, Salad
	SNACKS 6 PM	Maggi
	DINNER	Rice, Chapati, Dal makhani, Tinda, Salad, Kheer
	BEFORE BED	Milk & Biscuit
<b>11.12.2023</b>	<b>BREAK FAST</b>	<b>Methi parantha, Curd, Tea, Fruit / Snack</b>
<b>MONDAY</b>	LUNCH	Rice, Chapati, Yellow dal, Chaap, Salad
	SNACKS 6 PM	Sandwich
	DINNER	Rice, Chapati, Chana dal, Palak corn, Salad, Custard
	BEFORE BED	Milk & Biscuit
<b>12.12.2023</b>	<b>BREAK FAST</b>	<i>( Pre-primary &amp; College - Macroni, Milk, Tea ) ( Primary to Sr Secondary -Chapati, Mix veg, Milk, Tea,, Fruit / Snack</i>
<b>TUESDAY</b>	LUNCH	Chapati, Sabut moong dal, Mix veg, Salad
	SNACKS 6 PM	Pakora
	DINNER	Rice, Chapati, Pachranga dal, Gatte ki subzi, Salad
	BEFORE BED	Milk & Biscuit
<b>13.12.2023</b>	<b>BREAK FAST</b>	<b>Pav Bhaji, Milk, Tea, Fruit / Snack</b>
<b>WEDNESDAY</b>	LUNCH	Jeera rice, Chapati, Makhni dal, Methi aloo, Salad
	SNACKS 6PM	Banana shake
	DINNER	Rice, Chapati, Black masoor dal, Nutri Matar Salad
	BEFORE BED	Milk & Biscuit
<b>14.12.2023</b>	<b>BREAK FAST</b>	<b>Raddish carrot parantha, Curd, Tea, Fruit / Snack</b>
<b>THURSDAY</b>	LUNCH	Jeera Rice, Chapati, Kadhi palak, Ghiya, Salad
	SNACKS 6PM	Veg sandwich
	DINNER	Rice, Chapati, Yellow dal, Gajar Matar, Salad, Gajar Ka Halwa
	BEFORE BED	Milk & Biscuit
<b>15.12.2023</b>	<b>BREAK FAST</b>	<i>(Pre Primary &amp; College- Namkeen dalia, Cornflakes, Milk, Tea (Primary to Sr Secondary- Chapati, Palak paneer, Milk, Tea, Fruit / Snack)</i>
<b>FRIDAY</b>	LUNCH	Rice, Chapati, Urad chilka dal, Palak paneer, Salad
	SNACKS 6PM	Fruit chaat
	DINNER	Soyabean biryani, Chapati, Sabut moong dal, Lady finger, Salad
	BEFORE BED	Milk & Biscuit
<b>16.12.2023</b>	<b>BREAK FAST</b>	<b>Macroni, Milk, Tea, Fruit / Snack</b>
<b>3rd SATURDAY</b>	LUNCH	Masala dosa, Sambhar, Lemon rice
	SNACKS 6PM	Bread pizza
	DINNER	Rice, Chapati, Moong Chillka dal, Mix veg, Salad
	BEFORE BED	Milk & Biscuit
<b>17.12.2023</b>	<b>BREAK FAST</b>	<b>Parantha, Curd, Pickle, Tea</b>
<b>SUNDAY</b>	LUNCH	Rice, Chapati, Dal tadka, Dum aloo, Salad
	SNACKS 6PM	Maggi
	DINNER	Rice, Chapati, Rajma, Arbi, Salad
	BEFORE BED	Milk & Biscuit



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18.12.2023	BREAK FAST	( <i>Pre-primary &amp; College- Namkeen sevian, Aloo sandwich, Milk,Tea</i> ) ( <i>Primary to Sr Secondary- Chapati,Ghiya chana dal,Milk,Tea, Fruit/ Snack</i> )
MONDAY	LUNCH	Rice, Chapati, Ghiya chana dal, Gajar matar aloo, Salad
	SNACKS 6PM	Milk shake
	DINNER	Rice, Chapati, Moong dal palak , Baigan Bharta, Salad, Sevian Kheer
	BEFORE BED	Milk & Biscuit
19.12.2023	BREAK FAST	<b>Aloo parantha,Curd, Tea, Fruit / Snack</b>
TUESDAY	LUNCH	<i>Chapati, Yellow dal, Mix veg, Salad</i>
	SNACKS 6PM	<i>Sandwich</i>
	DINNER	<i>Pulao, Chapati, Makhni dal, Kadai paneer,Salad</i>
	BEFORE BED	Milk & Biscuit
20.12.2023	BREAK FAST	<b>Kulche chole, Green chutni, Milk, Tea, Fruit / Snack</b>
WEDNESDAY	LUNCH	Rice, Chapati, Lobiya, Bharwan tinda, Salad
	SNACKS 6PM	Shake
	DINNER	Rice, Chapati, Chana dal, Aloo do pyaaza veg, Salad
	BEFORE BED	Milk & Biscuit
21.12.2023	BREAK FAST	( <i>Pre Primary &amp; College- Namkeen sevian,Cornflakes, Milk, Tea</i> ) ( <i>Primary to Sr Secondary- Chapati, Kadhi pakora,Tea, Fruit / Snack</i> )
THURSDAY	LUNCH	Jeera rice, Chapati, Kadhi pakora, Aloo shimla mirch, Salad
	SNACKS 6PM	Maggi
	DINNER	<i>Rice, Chapati, Black masoor dal, Palak corn,Salad, Halwa</i>
	BEFORE BED	Milk & Biscuit
22.12.2023	BREAK FAST	<b>Chole Kulche, Chutni, Milk, Tea, Fruit / Snack</b>
FRIDAY	LUNCH	Rice, Chapati, Moong chilka dal, Mix veg, Salad
	SNACKS 6PM	Fruit chaat
	DINNER	Jeera rice, Chapati, Sabut moong dal, Lady finger, Salad
	BEFORE BED	Milk & Biscuit
23.12.2023	BREAK FAST	<b>Methi Parantha, Curd, Milk, Tea</b>
4th SATURDAY	LUNCH	Jeera rice, Chapati, Black chana, Jeera aloo,Salad
	SNACKS 6PM	Sandwich
	DINNER	Rice, Chapati, Ghiya chana dal, Gatte ki subzi, Salad
	BEFORE BED	Milk & Biscuit
24.12.2023	BREAK FAST	<b>Bread pakora,Milk, Tea</b>
SUNDAY	LUNCH	Jeera Rice, Chapati, Yellow dal, Soyabean aloo,Salad
	SNACKS 6PM	Milk shake
	DINNER	Rice, Dal makhni, Makki roti, Sarson saag, Gurh, Salad
	BEFORE BED	Milk & Biscuit
25.12.2023	BREAK FAST	<b>Idli sambhar, Milk, Tea</b>
MONDAY	LUNCH	Rice, Chapati, Rajma, Matar aloo, Salad
	SNACKS 6 PM	Besan laddoo
	DINNER	Rice, Chapati, Pachranga dal, Palak corn, Salad, Besan laddoo
	BEFORE BED	Milk & Biscuit
26.12.2023	BREAK FAST	<b>Chole kulche, Milk,Tea, Fruit / Snack</b>
TUESDAY	LUNCH	Jeera rice, Chapati, Arhar dal, Ghiya kofta, Salad



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	SNACKS 6 PM	Chowmein
	DINNER	Veg pulao, Chapati, Urad chana dal, Dum aloo, Salad
	BEFORE BED	Milk & Biscuit
<b>27.12.2023</b>	<b>BREAK FAST</b>	<b>Plain Parantha, Matar aloo Gravy, Milk, Tea, Fruit / Snack</b>
<b>WEDNESDAY</b>	LUNCH	Jeera rice, Chapati, Chana dal, Chaap Salad
	SNACKS 6 PM	Spring roll
	DINNER	Rice, Chapati, Urad chilka dal, Arbi, Salad
	BEFORE BED	Milk & Biscuit
<b>28.12.2023</b>	<b>BREAK FAST</b>	<b>( Pre-primary &amp; College- Veg Poha , Sweet daliya, Milk,Tea) (Primary to Sr Secondary- Chapati, Methi Aaloo, Milk,Tea, Fruit/ Snack )</b>
<b>THURSDAY</b>	LUNCH	Rice, Chapati, Dal makhani, Methi aloo, Salad
	SNACKS 6 PM	Vegetable sandwich
	DINNER	Rice, Chapati, Pachranga dal, Gobhi matar, Salad, Gulab Jamun
	BEFORE BED	Milk & Biscuit
<b>29.12.2023</b>	<b>BREAK FAST</b>	<b>Carrot Raddish Prantha, Curd, Milk, Tea</b>
<b>FRIDAY</b>	LUNCH	Rice,Chapati, Yellow dal, Bharwan tinda, Salad
	SNACKS 6 PM	Maggi
	DINNER	Rice, Chapati, Black masoor dal,, Shimla Mirch
	BEFORE BED	Milk & Biscuit
<b>30.12.2023</b>	<b>BREAK FAST</b>	<b>Plain Parantha, Shahi Paneer, Milk, Tea, Fruit / Snack</b>
<b>SUNDAY</b>	LUNCH	Rice,Chapati,Kadhi Palak, Methi Gajat Matar,Salad
	SNACKS 6 PM	Samosa
	DINNER	Rice, Chapati,Lobiya, Jeera aloo, Salad
	BEFORE BED	Milk & Biscuit
<b>31.12.2023</b>	<b>BREAK FAST</b>	<b>Aaloo parantha, Curd, Pickle,Tea</b>
<b>SUNDAY</b>	LUNCH	Rice, Chapati, Black chana, Ghiya veg, Salad
	SNACKS 6 PM	Sandwich, Frooti
	DINNER	Matar pulao, Sabut moong dal, Soyabean aloo, Salad
	BEFORE BED	Milk & Biscuit