

May

2024

Vegetarian only

Lunch Menu

- Served in Bentos lunch boxes only
- Includes 4 food groups- Veggies/fruits, Dairy, Carbohydrates, Protein everyday.
- Kindly return washed, dried Bentos boxes to school everyday.
- Permanent labels on boxes are requested.
- Milk may be served 30 mins after lunch or just before naptime.
- Meals are mostly organic, fresh and cooked onsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Pesto Pasta with tomatoes and olives	3 Quiona Khichdi with cabbage and carrot	4
5	6 Idli Sāmbhar Rice and coconut chutney	7 Pita bread, falafel, humus, feta cheese and cucumber salad	8 Rajma rice (beans and rice) Guac and pita chips	9 Zucchini pesto pasta(angel hair noodles) Cucumber sticks	10 Brown rice khichdi with mix veggies	11
12	13 Moong dal chilla with coconut and raisin rice	14 Chapati and dal(lentils) with carrot and opo Yoghurt	15 Suji Pancakes or semolina savory pancakes with grated sweet potato and carrots Cumin rice	16 Pasta in cashew and heavy cream gravy, olives, peas, corn and cherry tomato	17 Pizza Day W fruit	18
19	20 Paneer parantha – (cheese bread) Lentil and rice soup	21 Mung bean lentil with rice and Avocado toast with sprouts	22 Methi/fenugreek and potato curry rolls(chappati) Yoghurt, apple on side	23 Red sauce pasta with garlic toast Fruit	24 Memorial day potluck Early dismissal – pick up at 2:00 pm	25
26	27 Memorial Day Holiday	28 Tofu pad thai with spring onion and sprouts	29 Veggie pakora with green chutney and khichdi(porridge)	30 Chappati and Palak Paneer (spinach and cheese curry) Flavored yoghurt	31 Pizza Day And fruit	