

# October

# 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 Lentil Rice Salad Milk, fruit	2 Veg Pasta with steamed broccoli, and cheese, fruit	3 Chapati with yellow lentils and sautéed(steamed) paneer in mild spices.	4 Brown rice porridge with veggies, yoghurt, fruit	5
6	7 Idli, sambhar, rice, fruit, milk	8 Vermicelli noodles with carrots, fruit, yoghurt	9 Kale. Sweet potato, edamame brown rice and bean bowl	10 Chapati and paneer roll with creamy ranch dressing, fruit, milk	11 Cleaning Day (School Off)	12
13	14 Idli, sambhar, rice, fruit, milk	15 Cheese corn quesadilla, rice and lentil fruit	16 Sushi Rolls (w avo and cucumber, sesame seed)lentils, fruit and milk	17 Chapati, veg korma(veg curry), rice, fruit	18 White rice medley with veggies, yoghurt, fruit	19
20	21 Moong Idli, sambhar, rice, fruit, milk	22 Vegetable rice, Banana bread with whip crème, fruit, milk	23 Taco-beans, rice, cheese and sour crème. Fruit, milk	24 Garbanzo, naan, kale salad, fruit, yoghurt	25 Quiona with veggies and lentil, yoghurt, fruit	26
27	28 Curd rice, lemon rice, fruit, milk	29 Banana almond butter toast, tofu, cilantro, rice	30 Halloween potluck – Pizza	31 Pasta Pomerado, cucumber w cheese, fruit		