

November

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 Veggie Porridge (Khichdi) Yoghurt	2
3	4 Idly Sambhar with veggies Rice, Milk	5 Lentil rice with ghee Tadka(clarified butter), baby carrots and humus	6 Cheese corn quesadilla, Avocado cucumber salad Sour crème and	7 Butter naan with Black lentils(URD daal), Cucumber, Fruit	8 Pasta in red sauce with orange Milk	9
10	11 No School Veterans Day	12 Cabbage, carrot Lentil with rice, yoghurt	13 Palak Paneer with Naan Yoghurt	14 Cilantro Thai noodles with bell peppers, Milk	15 High protein alfredo pasta(sauce made from tofu, soy milk)	16
17	18 Moong Daal Idly, Sambhar with veggies Rice, Milk	19 Carrot, cauliflower curry, Lentils with rice Milk	20 Paneer Makhani with Chapati Rice Sliced tomato	21 Veg Vermicelli Noodles, yoghurt	22 Pesto pasta W cheese,	23
24	25 Idly Sambhar with veggies Rice, Milk	26 Lentil rice with Thanksgiving turkey vegetarian platter	27 Thanksgiving Break (teacher Training) No School for kids 9am-12:30pm	28 Thanksgiving Break No School for kids	29 Thanksgiving Break No School for kids	30