

VISTA INTERNATIONAL SCHOOL

LUNCH MENU NOVEMBER - 2022

CATEGORIES	7th Nov'22	8th Nov'22	9th Nov'22	10th Nov'22	11th Nov'22
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	SPROUTS	CUCUMBER FINGERS	MIXED SALAD	GREEN SALAD	FINGER SALAD
CURRY (DRY)	CABBAGE DAL FRY	BEETROOT PEANUT FRY	BHENDI DO PAZYA	RAW BANANA FRY	VEG MANCHURIAN DRY
SPL-SEMI GRAVY	WHITE CHANNA	PANEER BUTTER MASALA	EGG CURRY	ALOO TAMATAR	VEG THICK SAMBAR
DAL/ SAMBAR	GUNGURA DAL	RASAM	DAL FRY	TOMATO DAL	VEG NOODLES
II RICE/NOODLES	CORN PULAO	PHULIHORA	CAPSICUM PULAO	MINT PULAV	-
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	PICKLE
CURD/RAITHA	ONION TOMATO RAITHA	MASALA RAITHA	PLAIN CURD	CUCUMBER RAITHA	PLAIN CURD
SWEET/FRUIT	RICE KHEER	BANANA	KALAJAMOON	PAYASAM	BANANA

SNACKS

VEG PUFF

VEG SANDWICH

ALOO PEAS BREAD
PAKORA

FRUIT CAKE

VADA PAV

VISTA INTERNATIONAL SCHOOL

LUNCH MENU NOVEMBER - 2022

CATEGORIES	14th Nov'22	15th Nov'22	16th Nov'22	17th Nov'22	18th Nov'22
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	PAV-BHAJI	CUCUMBER FINGERS	CABBAGE-CARROT	CUCUMBER FINGERS	FINGER SALAD
CURRY (DRY)	PAPDI CHAAT	BHINDI PEANUT FRY	MIX VEG FRY	BEETROOT PEANUT FRY	ALOO & BABYCORN 65
SPL-SEMI GRAVY	CHOLE-KULCHE	BLACK CHANNA ALOO	EGG CURRY	PANEER BUTTER MASALA	RADISH SAMBAR
DAL/ SAMBAR	VEG HAKKA NOODLES	METHI DAL	DRUMSTICK SAMBAR	RASAM	VEG NOODLES
II RICE/NOODLES	TOMATO DAL	TOMATO PULAV	PEAS PULAO	PHULIHOA	CURD RICE
PLAIN RICE	RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	ICE CREAM	ROTI	ROTI	CHAPATHI	PICKLE
CURD/RAITHA		MASALA RAITHA	PLAIN CURD	MASALA RAITHA	-
SWEET/FRUIT		KALAJAMOON	CUT FRUITS	BADUSHAH	COCONUT BARFI

SNACKS

BUTTER CORN

VEG NUGGETS

FRUIT CAKE

BROWN CHANNA SUNDEL

VISTA INTERNATIONAL SCHOOL

LUNCH MENU NOVEMBER - 2022

CATEGORIES	21st Nov'22	22nd Nov'22	23rd Nov'22	24th Nov'22	25th Nov'22
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	CUCUMBER FINGERS	MIXED SALAD	MIXED SALAD	CUCUMBER FINGERS	SPROUTS
CURRY (DRY)	KADAI VEG DRY	VEG MANCHURIAN DRY	BHENDI SHALLOW FRY	CABBAGE MOONG DAL	GOBHI FRY
SPL-SEMI GRAVY	MATAR PANEER	VEG HAKKA NOODLES	EGG CURRY	PANEER BUTTER MASALA	LOBIYA CURRY
DAL/ SAMBAR	TOMATO DAL	ZEERA ALOO	SAMBAR	METHI DAL	GUNGURA DAL
II RICE/NOODLES	VEG PULAO	FRIED RICE		PONGAL	ZEERA RICE
PLAIN RICE	PLAIN RICE		PLAIN RICE	PLAIN RICE	PLAIN RICE
WHEAT ROTI	CHAPATHI	CHAPATHI	PHULKA	CHAPATHI	CHAPATHI
CURD/RAITHA	CUCUMBER RAITHA	ONION TOMATO RAITHA	PLAIN CURD	MASALA RAITHA	ONION TOMATO RAITHA
SWEET/FRUIT	KOVAPURI	SUJI HALWA	BANANA	GULABJAMOON	COCONUT BARFI

SNACKS

VEG PUFF

STRAWBERRY MUFFINS

ALOO BONDA

VEG PUFF

DRYFRUIT COOKIES

VISTA INTERNATIONAL SCHOOL

LUNCH MENU NOVEMBER - 2022

CATEGORIES	28th Nov'22	29th Nov'22	30th Nov'22		
	MONDAY	TUESDAY	WEDNESDAY		
SALAD	MIXED SALAD	CUCUMBER FINGERS	GREEN SALAD		
CURRY (DRY)	BEETROOT PEANUT FRY	KADAI VEG DRY	RAW BANANA FRY		
SPL-SEMI GRAVY	EGG CURRY	MATAR PANEER	ALOO TAMATAR		
DAL/ SAMBAR	SAMBAR	TOMATO DAL	RASAM		
II RICE/NOODLES		VEG PULAO	MINT PULAV		
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE		
WHEAT ROTI	PHULKA	CHAPATHI	CHAPATHI		
CURD/RAITHA	PLAIN CURD	CUCUMBER RAITHA	PLAIN CURD		
SWEET/FRUIT	BANANA	KOVAPURI	PAYASAM		

SNACKS

CHOCOLATE MUFFIN

ALOO PEAS BREAD PAKORA

FRUIT CAKE

Menu is subject to change if vegetables not available