



EXCELSIOR
AMERICAN SCHOOL



September Meal Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dates	28	29	30	31	1	2
Breakfast					Poha, Bournvita Milk	
Lunch					Chole, Basmati Rice, Papad, Salad	
Snacks					Muffin	
Dates	4	5	6	7	8	9
Breakfast	Stir-Fried Vermicelli with Ketchup	Stuffed Bread Pakora with Green Chutney	Butter Jam Sandwich, Cornflakes and Milk	HOLIDAY JANMASHTAMI	HOLIDAY	
Lunch	Matar Kulcha with Onion Salad and Fruit Custard	Shahi Paneer, Tawa puff, Basmati Rice, Salad	Rajma, Basmati Rice, Green Salad			
Snacks	Lemonade	Roasted Makhana	Cookies			
Dates	11	12	13	14	15	16
Breakfast	Vada Pav and Flavored Milk	Ajwaini Poori with Aloo Bhaji	Potato Grilled Sandwich, Juice	Vermicelli, Fruit	Bread Pakora with Sauce	Dal Paratha with Buttermilk
Lunch	Dal Makhani, Tawa Puff, Basmati Rice, Salad	Veg Biryani with Raita	Dal Tadka, Jeera Aloo Basmati Rice, Tawa puff, Salad	Pasta with Arrabiata Sauce and Garlic Bread	Kadhi, Basmati Rice, Tawa puff	Fried Rice, Manchurian Gravy, Ice Cream
Snacks	Roasted Makhana	Juice	Muffin	Homemade Namkeen	Cookies	Fruit
Dates	18	19	20	21	22	22
Breakfast	Bombay Sandwich with Bournvita Milk	Aloo Paratha with Butter and Pickle	Vada Pav, Fruit Cake	Grilled Cheese Corn Sandwich, Juice	Vermicelli, Fruit	
Lunch	Raseela Rajma with Basmati Rice	Biryani, Raita, Rasgulla	Idli Sambhar and Basmati Rice	Spaghetti, Garlic bread and Jelly	Kadi with Basmati Rice and Papad	
Snacks	Cookies	Lemonade	Fruit	Rooh Afza	Fruit	
Dates	25	26	27	28	29	30
Breakfast	Paneer Kulcha with Juice	Mix Paratha with Butter and Pickle	Poha with Cold Rooh-Afza Milk	Vegetable Coleslaw Sandwich, Mango Shake	PTM for Whole School	
Lunch	Aloo Chole, Puri, Kheer	Matar Kulcha with Onion Salad and Fruit Custard	Vegetable noodles, Chilli Potato	Matar Paneer, Basmati Rice, Tawa Puff, Salad		
Snacks	Juice	Cookies	Baked Snacks	Fruit		

