



Sainik School, Khara-Kheri



Session 2023– 2024

04:30 AM – 05:00 AM – Tea and Biscuit

Menu

Day	Breakfast	Refreshment	Lunch	Refreshment	Dinner
Monday	Bread/Jam/Butter Corn Flakes & Milk Bournvita	Cake/Nimbu Pani	Palak Kofta/Pakoda Kadhi/Black Chane, Seasonal Veg, Chapati, Plain Rice, Salad	Fruit	Daal, Seasonal Veg, Chapati, Rice, Kheer & Milk
Tuesday	Plain Prantha, Sabji & Milk	Bhujia/Nimbu Pani	Matar Masala/Daal, Seasonal Veg, Chapati, Jeera Rice, Dahi/ Raita	Fruit/Pakora	Palak/Matar Paneer, Daal, Chapati, Rice, Rasgulla/Gulab Jamun
Wednesday	Pav Bhaji/Khichri & Milk	Shakkar Pare/ Cutlets/Nimbu Pani	Rajma, Seasonal Veg, Chapati, Matar Rice, Salad, Dahi	Fruit/Sprout Chaat	Daal, Seasonal Veg, Chapati, Rice, Fruit custard & Milk
Thursday	Bread Sandwich Milk Horlics	Samosa/Gulgule/ Namkeen/Nimbu Pani	Daal Makhani /Manchoorian, Seasonal Veg, Chapati, Pulao Rice, Salad / Papad	Banana Shake	Daal, Seasonal Veg/ Malai Chaap, Chapati, Rice, Sewian Kheer & Milk
Friday	Puri, Sabji/Macroni & Milk	Patties/Biscuits /Nimbu Pani	Plain Kadhi, Seasonal Veg, Chapati, Plain Rice, Salad, Dahi/Raita	Milk Shake/ Fruit	Mixed Veg, Daal, Chapati, Rice, Kheer & Milk
Saturday	Stuffed Prantha, Curd/Pickle & Milk	Biscuits/Nimbu Pani	Chhole, Mixed Veg, Puree/ chapatti, Fried Rice, Salad, Pickle	Chana Chaat	Shahi/Matar Paneer, Daal, Chapati, Rice, Halwa/Rasgulla
Sunday	Khichri/Chowmein & Milk	-	White Chhole, Veg Biryani, Bhature/Chapati, Salad, Dahi/Raita	Fruit Chaat	Daal, Seasonal Veg, Chapati, Rice, Gulab Jamun & Milk

Note:- Menu is subject to change due to non-availability of an item on that day. However, it will be our endeavour that such change is rarely done & not made a routine practice.