



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	Matthi / Nimbu Pani	Matar Masala /Daal, Seasonal Veg, Chapati, Jeera Rice, Dahi / Raita	Fruit / Pakora	Palak / Matar Paneer, Daal, Chapati, Rice, Fruit Custard & Milk
Wednesday	Pav Bhaji & Porridge / Milk	Shakkar Pare / Cutlets /Nimbu Pani	Rajma, Seasonal Veg, Chapati, Matar Rice, Salad, Dahi	Fruit / Sprout Chaat	Daal, Seasonal Veg, Chapati, Rice, Rasgulla & Milk
Thursday	Bread Sandwich Milk Horlics	Samosa / Gulgule / Namkeen /Nimbu Pani	Plain Kadhi / 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	Daal Makhani, Seasonal Veg, Chapati, Plain Rice, Salad, Dahi / Raita	Milk Shake / Fruit	Mixed Veg, Daal, Chapati, Rice, Kheer & Milk
Saturday	Stuffed Prantha, Curd / Pickle & Milk	Finger Chips / Matthi /Nimbu Pani	Chhole, Mixed Veg, Puree/ chapatti, Fried Rice, Salad, Pickle	Chana Chaat	Shahi/ Matar Paneer, Daal, Chapati, Rice, Halwa & Milk
Sunday	Corn Flakes, Bread Jam / 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.