

**JAWAHAR NAVODAYA VIDYALAYA SURANKOTE, DISTT. POONCH (J&K)**  
**MESS MENU FOR THE MONTH OF APRIL.18 TO MAY.-2018.**

**SPECIAL DIET FOR SPORTS MEET ONLY**

DAYS	BREAKFAST	TEA AT 11 AM	REFRESHMENT	LUNCH	DINNER
MONDAY	PRANTHA, VEG/PICKLE, +ILLACHI MILK+BOILED EGGS+BLACK CHANNA (03 prantha each student)	TEA	FRUITS Banana/apple/Boiled Eggs (01.Psc)	CHITRA MOOTH, RICE, VEGETABLE.	PALOW+KABULI+CURD/RAITA + CHAPATI ONLY FOR STAFF
TUESDAY	CHAPATI+ BUTTER+VEG.&TEA+ BOILED EGGS+BL. CHANNA (04 Chapati each student)	TEA	-Do-	KABULI +RICE,+VEG+SALAD/ CURD/RAITA	DAL CHANNA, RICE, CHAPATI, VEG/ MATTER PANEER+SWEET DISH.
WEDNESDAY	PALOW WITH BUTTER+ILLACHI MILK+KABULI+BOILED EGGS (Half plate each student)	TEA	-Do-	RAJMASH, RICE, VEGETABLE	DAL MIX WITH BUTTER+RICE+CHAPATI+VEGETABLE
THURSDAY	PRANTHA+VEG./PICKLE+TEA +BOILED EGGS (03 prantha each student)	TEA	-Do-	DRY PEASE WITH ALU+RICE +VEG+CURD/RAITA/SALAD	DAL MASOOR+RICE+CHAPATI +MATTER PANEER.
FRIDAY	CHAPATI+VEG+ BUTTER+ILLACHI MILK+BOILED EGGS. (04 Chapati each student)	TEA	-Do-	CHITRA MOOTH +RICE+VEG+ SALAD	DAL CHANNA+RICE+CHAPATI +SWEET DISH.
SATURDAY	PURI+KABULI/CURD/POTATO DRY VEG+TEA+ BOILED EGGS. (03 Puri each student)	TEA	-Do-	KABULI +RICE +VEG. + SALAD/CURD/ RAITA.	RAJMASH WITH URD WITH BUTTER+, RICE, CHAPATI, VEG,
SUNDAY	ALU PRANTHA+PICKLE/VEG+ILLACHI MILK+BOILED EGGS. (02 Prantha each student)	NIL	-Do-	PLAIN CURRY/DAL MIX+, RICE.+ VEGETABLE	DAL MASOOR+RICE+CHAPATI,+ MATTER PANEER.

Note:- 1. Black channa provided at morning PET time every day for one month.

2. Eggs 01 pc. / seasonal fruits 01 pc each student.

**\*\* Nothing will be given except the items mentioned in menu.**

Sign. of CA

Sign. of Storekeeper

Sign. of

Sign. of I/C.MESS

PRINCIP