

WEEKLY MENU FOR RPS HOSTEL & CAFÉ

week - 1 & 3

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Menu Structure	BREAKFAST						
7:15 a.m.	Morning	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit
9:15 a.m.	Beverage	Horlicks	Complan	Bournvita	Horlicks	Complan	Bournvita	Milk
	Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
	Main Course 1	Uttapam Chutney	Puri + Aloo Matar sabji	Idli Chutney Sambhar	Plain Paratha & Aloo Sabji	Sambhar wada coconut chutney	Tawa sandwich Tomato Souce	Aloo Paratha Pickle/Curd
	Main Course 2	Poha	Poha	Poha	Poha	Poha	Poha	Poha
Time		LUNCH						
1:30 p.m.	Apetizer	Onion & Cucumber	Moong Sprout	Finger Salad	Mix Salad	Tomato Cucumber Ring	Kachumber Salad	Toss Salad
	Rice	Jeera Rice	Plain Rice	Onion Rice	Plain Rice	Tomato Rice	Plain Rice	Jeera Rice
	Dal	Dal Fry	Arhar & Chana (Mix Dal)	Palak Dal	Masoor Dal	Lasuni Dal	Masoor Dal	Dal Tadka
	Roti	Tawa Roti/Fulka	Tawa Roti/Fulka	Tawa Roti/Fulka	Tawa Roti/Fulka	Tawa Roti/Fulka	Tawa Roti/Fulka	Puri
	Dry Vegetable	Baigan bhaji	parwal aloo korma	Bhindi kurkure	Aloo Laal bhaji	Tawa Veg	Gobi Masala	Potato 65
	Gravy Vegetable	Soyabean Curry	Lauki Chana Dal	Jhurga	Mix veg Kofta	Kadai chana	Pumpkin Blackchana	Matar Paneer
	Accompaniment	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle	Papad & Pickle	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle
	Yogurt/Dessert	Bundi Raita	Butter Milk	Mix Raita	Butter Milk	Cucumber Raita	Bundi Raita	Suji Halwa
Time		SNACKS						
5:00 PM	Snacks	Bread Pokoda Tea	Aloo Gunda Tea	Kachodi Tea	Mix Bhajiya Tea	Masala Bhel Tea	Pasta Tea	Maggi Tea
Time		DINNER						
8:30 p.m.	Rice	Plain Rice	Plain Rice	Plain Rice	Pav Bhaji	Plain Rice	Plain Rice	
	Dal	Arhar & Chana (Mix Dal)	Arhar Chana (Mix Dal)	Arhar & Chana (Mix Dal)		Arhar & Chana (Mix Dal)	Arhar & Chana (Mix Dal)	Veg Khichdi /
		Roti	Roti	Roti		Roti	Roti	Roti
	Dry Vegetable	Kundru Aloo	Pattagobhi Aloo	Aloo Bhunjdi	Pulao	Capcicum Aloo	Barbatti Aloo	Aloo fry
	Gravy Vegetable	Green Peas masala	Green moong tadka	Nanuya chana		Rajma	Soya Chilli	Pakoda Kadhi
	Dessert	Mango	Suji Halwa		Rice Kheer		Swemiya Kheer	Mango
		Onion Salad	Onion Salad	Onion Salad	Chopped Onion	Onion Salad	Onion Salad	Onion Salad



"Year of Globalization"

RUNGTA PUBLIC SCHOOL, BHILAI

WEEKLY MENU FOR RPS HOSTEL & CAFÉ

		week - 2 & 4						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Menu Structure	BREAKFAST						
7:15 a.m.	Morning	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit	Milk & Biscuit
9:15 a.m.	Beverage	Horlicks	Complan	Bournvita	Horlicks	Complan	Bournvita	Milk
	Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
	Main Course 1	Plain Paratha & Sabji	Puri + Aloo Matar sabji	Idli Chutney Sambhar	Sabudana khichdi Tomato souce	Sambhar Wada coconut chutney	Tawa sandwich Tomato Souce	Puri Aloo Sabji
	Main Course 2	Poha	Poha	Poha	Poha	Poha	Poha	Poha
Time	LUNCH							
1:30 PM	Apetizer	Onion & Cucumber	Moong Sprout	Finger Salad	Mix Salad	Tomato Cucumber Ring	Kachumber Salad	Toss Salad
	Rice	Jeera Rice	Plain Rice	Onion Rice	Plain Rice	Tomato Rice	Plain Rice	Jeera Rice
	Dal	Dal Fry	Masoor Dal	Palak Dal	Arhar & Chana (Mix Dal)	Lasuni Dal	Masoor Dal	Dal Tadka
	Roti	Plain roti/Tawa Roti	Plain roti/Tawa Roti	Plain roti/Tawa Roti	Plain roti/Tawa Roti	Plain roti/Tawa Roti	Plain roti/Tawa Roti	Puri
	Dry Vegetable	Baigan bharta	Crispy veg	Bhindi kurkure	Palak Aloo	Mix Veg Curry	Aloo Gobi Adraki	Parwal Masala
	Gravy Vegetable	Chhole Masala	Aloo Tomato Rasa	Jhurga	Louki Kofta	Kadai chana	Soyabin masala	Paneer Kadai
	Accompaniment	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle	Papad & Pickle	Frymes & Pickle	Fry Khichia & Pickle	Fry Papad & Pickle
	Yogurt/Dessert	Bundi Raita	Butter Milk	Mix Raita	Butter Milk	Cucumber Raita	Bundi Raita	Semiya Kheer
Time	SNACKS							
5:00 PM	SNACKS	Somosa	Cutlet	Onion Bhajiyia	Maggi	Vegitable Sandwich	Mangodi	Pasta
		Tea	Tea	Tea	Tea	Tea	Tea	Tea
Time	DINNER							
7:30 p.m.	Rice	Plain Rice	Plain Rice			Plain Rice		Plain Rice
	Dal	Arhar & Chana (Mix)	Chana Dal	Veg Khichdi /	Chhole Bhature	Masoor Dal		Dal Fry
	Roti	Roti	Roti	Roti		Roti	Veg Hakka Noodles	Roti
	Dry Vegetable	Gobi Chilly	Baigan aloo dry	Aloo fry	Pulao	Dhoka Dalna	Veg Fried Rice	Bhindi Achary
	Gravy Vegetable	Green Peas masala	Rajma	Pakoda Kadhi		batbatti aloo bhaji	Veg Manchurian	white peas masala
	Dessert	Suji halwa	Mango	Rice Kheer		Mango	Simiya Kheer	
		onion salad	onion salad	onion salad	chopped onion		onion salad	onion salad