



KUNSKAPSSKOLAN - OCTOBER FOOD MENU

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Ragi Idli	Aloo Paratha	Peas Poha	Greengram Dosa	Vegetable Upma
Chutney / Sambar	Curd /Pickle	Chutney	Tomato Chutney	Chutney
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Green Salad	Papdi Chaat	Greek Salad	Coleslaw	Mix Salad
Roti	Phulka	Ajwaini Chapathi	Veg Burger	Lacha Paratha
Makai Aloo Palak	Gobi Tamatar	Soya Shimla Mirch	Hyd Veg Briyani	Paneer Masala
Jeera Rice	White Rice	White Rice	Raitha	White Rice
Dal Tadka	Moong Dal	Lemon Rasam	Butterscotch Pastry	Kadamba Sambar
Curd	Buttermilk	Curd		Curd
SNACKS				
Veg Cutlet	Orange Chia Muffin	Banana	Masala Corn	Wheat & Fruit Cookie

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Idli	Dal Paratta	Bombay Pav	Set Dosa	Millet Pongal
Chutney / Sambar	Curd	Bhaaji	Chutney/Sambar	Chutney
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Rainbow Salad	Dil Cucumber	Sprouts Salad	Three Bean Salad	Samosa Chaat
Thepla	Phulka	Chapathi	Oregano Bread	Poori
Bhendi Do Pyaaza	Aloo Kara Curry	Veg Chettinad	Veggie Pasta	Paneer Lababdar
Pyaz Pulao	White Rice	Ghee Podi Rice	Mexican Rice	Kesar Vegetable Pulao
Punjabi Masoor Dal	Dal Palak	Dal Fry	English Fruit Cake	Boondi Raita
Raitha	Curd	Buttermilk		Gulab Jamun
SNACKS				
Veg Strudel	Wheat Jaggery Cake	Peanut Chikki	Multigrain Cookie	Pizza Roll



Kunskapsskolan

BENGALURU

The Knowledge School

Carnival
let celebrations last forever...

WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Masala Idli	Vermicelli Upma	Dal Kichdi	Masala Dosa	Pancake
Chutney / Sambar	Chutney	Raitha	Chutney	Honey
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Kachumber Salad	Farmers Salad	Lavashi Chaat	Tofu Veg Salad	Green Salad
Chapathi	Phulka	Mint Chapathi	Wheat Hakka Noodles	Wheat Garlic Naan
Veg Jaipuri	Rajma Masala	Kabuli Channa	Babycorn Garlic Sauce	Butter Paneer
White Rice	Curry Leaf Corn Rice	White Rice	Fried Rice	White Rice
Dal Bukhara	Ivygourd Poriyal	Vegetable Sambar	Brownie	Maa Ki Dal
Raitha	Raitha	Buttermilk		Curd
SNACKS				
Beetroot Cutlet	Marble Cake	Banana	Sesame Bar	Wheat Danish
WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Idli	Methi Paratta	Wheat Pav	Veg Uthappam	Tomato Poha
Chutney/Sambar	Curd / Pickle	Bhaaji	Chutney	Chutney
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Caesar Salad	Sprouts Chaat	Kosambari	Thai Guava Salad	Garden Salad
Roti	Methi Chapathi	Phulka	Falafel Wrap	Poori
Veg Kofta Curry	Aloo Bujjia	Mix Vegetable Saagu	White Rice	Kadala Curry
Kashmiri Pulao	White Rice	Bisibellebath	Dal Tadka	Malabar Veg Biryani
Raitha	Parsi Dal	Buttermilk	Curd	Raitha
	Curd	Dal Payasa		White Forrest
SNACKS				
Cheese Twist	Multigrain Cookie	Ragi Oats Muffin	Wheat Bun Maska	Bhel Puri