

Canadian International School

LUNCH MENU FOR MARCH 2010

01-03-10 Monday	02-03-10 Tuesday	03-03-10 Wednesday	04-03-10 Thursday	05-03-10 Friday
Spring Soup Kabab Koulthane Chicken & Vegetable Couscous (Veg.) Smoked Egg Plant Salad Dakshin Paneer Chapatti Fresh Fruit	Sweet Corn Soup Veg. American Chopsey Chicken Manchurian Mushroom with Green Pepper Kim Chi Bread & Butter Ice Cream	Cream of Mushroom Soup Roast Chicken Broccoli/Potato/Cauliflower Stir Fried Okra Potato & Apple Salad Chapatti Caramel Custard	Butter Chicken Sakambari Sabji Paneer Butter Masala Kerala Paratha – Papad Kuchumber Salad Yoghurt Fresh Fruits	Beef Brown Stew Mashed Potatoes Mixed Vegetable Stew Beetroot & Sp.Onion Salad Corn on the Cob Chick Peas Masala Chapatti Fresh Fruits
08-03-10 Monday	09-03-10 Tuesday	10-03-10 Wednesday	11-03-10 Thursday	12-03-10 Friday
Spaghetti Bolognese Chicken In Sauce Mushroom & Cheese Sauce Potato & Parsley Salad Cauliflower & Potato Curry Chapatti Ice Cream	Chicken Clear Soup Vegetable Fried Rice Honey Corn Singapore Mix Vegetable Hot Pot Kim Chi Fresh Fruit	Pumpkin Soup Sub's Chicken & Vegetables Jacket Potatoes Cole Slaw Chocolate Mousse	Mutton Rogan Josh Kadai Vegetable Ridge Gourd with Tomatoes Kerala Paratha – Papad Dal Makhani Kuchumber Salad Yoghurt Fresh fruits	Leek & Potato Soup Grill Chicken Cottage Cheese & Cream Baked Potatoes & Cheese Sautéed Vegetables Fresh Fruits

NO CUTTLERY, NO CROCKERY, NO FOOD TO BE TAKEN OUT OF THE CAFETERIA

AVAILABLE EVERY DAY: SALAD BAR - PLAIN RICE - LENTILS

ICE CREAM ON SALE EVERY FRIDAY AGAINST COUPONS: ICE CREAM FOR ELEMENTARY

Lunch Coupons: KG. Rs. 30/- Elementary School Grades 1-6 Rs. 50/- Secondary School Grades 7-12 Rs. 70/-