

NEXT GEN INTERNATIONAL SCHOOL - MENU (WEEK - 1)

Day/Meal	Guideline	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/ Hol
Early Morning Snack	Health Drink	Boost	Horlicks	PediaSure	Boost	Horlicks	PediaSure	Tea / Coffee
	Accomp	Sweet Corn	Chick pea (Sanagalu)	Black Eyed pea (Alasandalu)	Black Chick pea (Nalla guggillu)	Corn (Mokka Jonna)	Soaked Peanut (Verusanaga)	
Breakfast	Main	Idli,Vada	Cereals	Pesara Dosa, Upma	Bread	Poori	Gare	Chapati
	Spl	Boiled Egg*	Fruit Bread	Juice	Omlette*	Egg Bhurji*	Oats Porridge	Juice
	Accomp	Chutney (2)	Jam,Milk	Chutney, Podi	Jam & Butter	Chole	Chutney (2)	AluTomato Curry
Morning Snack	Refreshment	Salt Biscuits	Jam Bun	Seasonal Fruit	Cookies	Muffin	Guava	Cream Biscuits
	Beverage	Badam Milk	Lemonade	Squash	Fresh fruit/ Juice	Lemonade	Squash	Tea
Lunch	Spl Rice / Sweet	Jeera Rice	Fruit Custard	Vermicelli Kheer (SemiyaPayasam)	Yellow Rice	Carrot Halwa	Palak Rice	Roti, Veg. Biryani, Raita
	Pickle / Podi	Gherkins (Dondakaya)	Mango		Tomato			
	Fry	Cabbage	Amaranthus (Thotakura)	Veg / Gobi Manchuria	Lady's Finger (Bendakaya)		Aloo 65	Kurma for Veg
	Curry	Potato (BangalaDumpa)	Egg Masala*	Noodles, Sauce	Ridge Gourd (Beerakaya)	Fried Rice, Raita	Broad Beans (Chikkudu)	Chicken* (Tomato for Veg)
	Dal		Plain	Cucumber (Dosakaya)		Bottle Gourd (Sorakaya)		
	Liquid	Sambar	Pachchi Pulusu	Rasam	Sambar	ChallaCharu	Mixed Pulusu	Rasam
	Salad	Potato & Onions	Cucumber (Kheera Dosakaya)	ColeSlaw (shredded cabbage, carrot..)	Garden (onions, tomatoes, cucumber, lettuce)	Piyaz (Beans, onions, ..)	Italian (macaroniPasta, mayonnaise)	Onion, Lemon
	Crispies	Wheels	Papad	Vadiyalu	Chips	Gold Fingers	Papad	
	General	Rice, Curd	Rice, Curd	Rice, Curd	Rice, Curd	Rice, Curd	Rice, Curd	Rice, Curd
Evening Snack	Refreshment	Sweet Corn	Punugu	Samosa	Alu Bonda	Purnam/PopCorn	Fruit Masala	Instant Noodles
	Beverage	Lemonade	Squash	Lemonade	Squash	Lemonade	Squash	Lemonade
Dinner	Pickle / Podi	Tomato	CurryLeaf	Podi, Ghee	Cut Mango	Coconut	Podi, Ghee	Jamun/Rasgulla
	Curry	Beans (Rajma)	Potato	Chicken Curry (Chef spl for Veg)	Mixed Veg	Chicken Fry (Chef Spl for Veg)	Palak Panneer	Chef Special
	Dal	Ridge Gourd (Beerakaya)	FenuGreek (Menthikura)		Plain		Chef Special	Spinach (Menthikura)
	Liquid	Rasam	Sambar	Rasam	Mixed Pulusu	Sambar	Rasam	Sambar
	General	Rice, Roti, Curd	Rice, Roti, Curd	Rice, Roti, Curd	Rice, Roti, Curd	Rice, Roti, Curd	Rice, Roti, Curd	Rice, Roti, Curd
Digestif	Beverage	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk	Butter Milk

* Juice / Sweet / Veg Curry is given for those who don't take egg or non-veg items. Ghee is provided with Pickle & Podi