

S.B.O.A GLOBAL SCHOOL, CHENNAI – 101

Food menu was framed by a dietician and suggested by our School for the children to have a balanced diet.

Food Menu for KG Children

Days	Mid Morning menu	Lunch Menu
Monday	Whole grain bread toast and Egg / whole grain bread sandwich or fruit salad.	Carrot with capsicum rice / Beetroot rice / curd rice with any vegetable
Tuesday	Yoghurt and honey / and any seasonal whole fruit	Mango rice / Lemon rice or Egg rice with fried peannuts or any vegetable
Wednesday	Nuts like walnuts, raisins, dried blueberries, almonds, cashew and dates. A cup of lemon juice.	Stuffed chapathi / chapathi and palak panner / Dal paratha / dal rice and vegetables.
Thursday	Sweet corn / egg omellete /any sundal variety	Veg pulao / mint coriander rice and onion or cucumber raitha / curd rice with any vegetable.
Friday	Boiled peanuts / sweet potato / raw carrot and cucumber	Any green leafy vegetable rice / Mushroom biriyani / veg fried rice.

Food Menu for Class I & V

Days	Mid Morning Menu	Lunch menu
Monday	Boiled/ steam broccoli sauted with garlic butter and pepper / whole grain bread toast with egg / whole grain bread sandwich / any sundal variety.	Bisebellabath and veggies / tomatobath / Green peas pulao and soya – chunks.
Tuesday	Veg salad and mayonnaise or salad dressing / fruit salad.	Mango rice/ lemon rice with fried peanuts or veg biriyani and raitha / egg rice. Any vegetable or scrambled egg or omlette.
Wednesday	Yoghurt and Honey / any seasonal fruit.	Bajra roti and sabji / stuffed chapathi and palak paneer, chapathi and raitha or Dal rice and mushroom fry.
Thursday	Sweet corn / raw carrot and cucumber or steamed kolukattai / ragi pan cake. A cup of butter milk.	Chicken/ mutton/ prawn biriyani or Ghee rice and non – veg gravy or veg fried rice/ pulao and onion raitha.
Friday	Boiled peanuts or nuts like walnuts, raisins, dried berries, almonds, cashews, dates and a cup of lemon juice.	Any green leafy vegetable rice / capsicum rice / mint coriander rice and onion or cucumber raitha.

Food Menu for Class VI & VIII

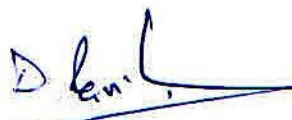
Days	Mid Morning Menu	Lunch Menu
Monday	Veg Salad and salad dressing or fruit salad	Mango rice / lemon rice / tamarind rice or Gooseberry rice with fried peanuts or coconut milk rice and green peas. A katori of any vegetable or scrambled egg.
Tuesday	Boiled broccoli sauted with garlic butter and pepper / sprouts / nuts like walnuts, almonds, dates, dried blueberries and a cup of buttermilk.	Green pea ragi parathas or bajra roti and sabji / palak paneer chapathi or veg fried rice/ pulao and onion or cucumber raitha.
Wednesday	Dal vada or whole grain bread paneer, veg stuffed sandwich or any seasonal fruit. A cup of gooseberry juice.	Any green leafy vegetable rice / mint, coriander rice and raitha. Fish fry / prawn fry.
Thursday	Boiled peanuts and carrots and seasonings or boiled tapico or sweet potato. A cup of lemon juice.	Bisibellabatha and veggies or tomatobath / any biriyani variety and cucumber or onion . A Katori of any veggies.
Friday	Sweet corn / curd vada / ragi pan cake / steamed kolukkattai.	Rice with any gravy like prawn mutton, chicken or mushroom rice or curd rice. Add a katori of any vegetable.

FOR FURTHER REFERENCES

CONTACT THE DIETICIAN

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(D. RAVI KUMAR)

PRINCIPAL