

JAWAHAR NAVODAYA VIDYALAYA, KAREERA IM.GARHI

WEEKLY MESS MENU W.E.F. APRIL-2018

DAY	BREAKFAST	BREAK REF.	LUNCH	SNACKS	DINNER
MONDAY	Poori, Alu ki Sabji, Milk	Biscuits	Curd + Chapati + Rice, Kabali Chana, Boondi-Ratia	Matthi / Fruits	Chapati + Rice, Seasonal Veg., Masoor Sabut
TUESDAY	Poha, Milk	Biscuits	Curd+Chapati + Rice, Sambhar + Rajma	Biscuits	Chapati + Rice, Seasonal Veg., Moong Sabut+ Sweet Boondi
WEDNESDAY	Parantha pickle, milk	Biscuits	Chapati + Rice, Kadhi -Pakoda, potato curry/ White gram, curd	Fruit / Biscuits	Chapati + Rice, Mix Dal, Matter Paneer
THURSDAY	Poori, Aloo Sabji, Milk/ Daliya + Milk	Biscuits	Curd + Chapati +Rice, Sambhar + Rajma	Biscuits	Chapati + Rice, Seasonal Veg. Masoor Sabut + sevain -Kheer
FRIDAY	Bread Jam/ Alu ki Sabji, Milk	Biscuits	Chapati + Rice, Chhole, Curd, Salad	Fruit/ Biscuits	Chapati + Rice, Mix Dal, Seasonal Veg.
SATURDAY	Sujji ka Halwa - kala Channa, Milk	Biscuits	Chapati + Rice, Curd, AP Spl. Rice + Rajma	Biscuits	Chapati + Rice, Seasonal Veg., Masur Sabut
SUNDAY	Parantha, Pickle, curd, Tea		Mattar Paneer + Kheer + Chapati, Rice for migrated students	Jalebi Biscuits	Mix Dal, Rice, Shambhar, Salad

- For migrated students twice a week, special items must be served.
- Nurse, C.A. will check the quality of food.
- MOD will ensure that meal is served to all.
- Jalebi Twice in a month

(Shri Krishan)
Catt. Astt.

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(V.C) Mess
V.Principal

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Sachin

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Nikita
Gadav Breeti

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Sutash

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Sudhish

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Sushma
Kishan Sushma

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Kavita

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Renu
Nikita

(Shalini Sharma)
Principal

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H.Yadav
Himanshu IX 'B'

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Staff Nurse
Smt. Rekha Yadav