

Genesis Global School

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
BREAKFAST							
Milk	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Plain (Hot-Cold), Probiotic Milk, Soymilk, Lassi	Milk Shake / Smoothie
Bread	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads	Multi-Grain or Whole-Wheat Breads
Butter	Butter	Butter	Butter	Butter	Butter	Butter	Butter
Cheese	Cheese	Cheese	Cheese	Cheese	Cheese	Cheese	Cheese
Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey	Natural fruit preserves, Honey
Breakfast cereals	Granola, Amaranth muesli	Granola, Amaranth muesli	Granola, Amaranth muesli	Granola, Amaranth muesli	Granola, Amaranth muesli	Granola, Amaranth muesli	Granola, Amaranth muesli
Porridge	Sprouted Wheat Porridge	Barley Porridge	Oats Porridge	Sprouted Wheat Porridge	Barley Porridge	Oats Porridge	Sprouted Wheat PSorridge
Vegetables	Sauted (Green beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)	Sauted Sauted (Green Beans / Broccoli / Mushrooms / Carrots / Peas / Peppers-combination of any 3)
Fruit	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal	Seasonal
Eggs	Scrambled	Boiled	Fried	Scrambled	Stuffed omelette	Fried	Bhurji
Hot savouries	Panfried cutlets (oat 'n' vegetable) with Baked Beans	Dhokla with Mint Chutney	Idli (brown rice) with Coconut Chutney & Sambhar	Missi Roti with Curd	Pao Bhaji (Whole Wheat Pao)	Whole Wheat Stuffed Kulcha Chola	Dosa with Sambhar, Coconut Chutney and Tomato Chutney
Sunday Special							Baked Beans, Hash Browns, Muffins
LUNCH							
Salad	Tofu 'n' Greens	3-Bean	Tossed Green	Sprouts	Crispy-Veg Salad	Pasta Salad	Coleslaw Salad
Rice	Brown Rice (Steamed)	Brown Rice (Steamed/ Pulao)	Brown Rice (Steamed/ Pulao)	Brown Rice (Steamed/ Pulao)	Brown Rice (Biryani- Veg / Non-Veg.)	Brown Rice (Steamed/ Pulao)	Brown Rice (Steamed/ Pulao)
Roti	Rotis (Multi-Grain)	Rotis (Multi-Grain)	Rotis (Multi-Grain)	Rotis (Multi-Grain)	Rotis (Multi-Grain)	Rotis (Multi-Grain)	Rotis (Multi-Grain)
Breads	Whole Wheat Bread	Multi-Grain Bread	Pizza (thin crust, whole wheat)	Whole Wheat cheese 'n' onion bread	Multi-Grain Spinach Bread	Multi-Grain Bread	Whole Wheat Mushroom Bread
Pasta	Whole Wheat Noodles	Spaghetti with Vegetables 'n' Cheese Sauce		Pasta (whole wheat) with Vegetables	Rice Noodles		
Yogurt	Onions, Tomatoes 'n' Cucumber Raita	Mint Raita	Spinach Raita	Vegetable Raita	Tadka Raita	Spinach Raita	Boondi Raita
Pulses / Daals	Lobia	Palak Daal	Soybean	Daal	Dal Makhani	Kadhi	Rajma
Vegetables	Bharta	Beans Paneer	Gobi Matar	Lauki	Khatta Meetha Baingan	Cabbage,Peas 'n' Potato	Bhindi
Vegetables	Paneer Bhurji		Palak Paneer		Methi Paneer		Matar paneer
Vegetables	Vegetables in Garlic Sauce		Stir Fry Vegetables			Baked Vegetables with Cheese	Khao Suey (Veg. / Non-veg.)
Desserts	Custard with fruits	Apple Crumble	Chocolate Souffle	Caramel Custard	Brownie with Ice Cream	Mousse	Walnut Pie
Desserts	Millet kheer	Phirni	Kulfi	Ice Cream with Fresh Fruits	Carrot Kheer	Rabri	Kulfi
DINNER							
Rice	Plain rice	Veg pulao	Steamed rice	Plain rice	Chicken biryani	Fried rice	Steamed rice
Salad	Green salad	Tossed salad	Russian salad	Green salad	Tomato & onion salad	Beans salad	Green salad
Roti	Multi grain roti	Whole wheat roti	Multi grain roti	Whole wheat roti	Multi grain roti	Whole wheat noodle	Multi Grain roti
Veg. - 1	Besan gutta curry	Aloo matar methi	Mix veg: jalfreze	Dum aloo gobi	Bhindi masaladar	Matar beans gobi	Cabbage peas & potato
Non- Veg	Chicken curry	Tawa paneer	Chicken with onion & capsicum	Chicken dimsum	Boondi raita	Chilli chicken	Egg curry
Veg- 2	Moong dal	Dal panchmili	Dal Arhar	Dal makhani	Moong Masur	Sweet corn soup	Rajma masala
Dessert	Lemon souffle	Carrot kheer	Walnut pie	Chocolate souffle	Fruit custered	Honey noodle with Ice cream	Rabri with dry fruits