

### SUMMER CAMPS HOT LUNCH MENU

			<b>NO NUTS</b>	<b>MILD FOOD</b>
<b>WEEK 1 (June 3 - 7)</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
VEG NOODLES MILD	JEERA RICE	POORI- 2 pc/kid + extra	PASTA ALFREDO	CHEESE PIZZA
GOBI MANCHURIAN MILD	DAL MAKHANI MILD	ALOO CURRY	CUCUMBER/ BABY CARROTS	CHIPS
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	RANCH DRESSING	FRESH FRUITS
			<b>NO NUTS</b>	<b>MILD FOOD</b>
<b>WEEK 2 (June 10 - 14)</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
PASTA MARINARA	IDLY SAMBAR	VEG FRIED RICE MILD	JEERA RICE	CHEESE PIZZA
GARLIC BREAD	PEAS PULAV	GOBI MANCHURIAN MILD	PANEER MAKHANI	CHIPS
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	
				FRESH FRUITS
			<b>NO NUTS</b>	<b>MILD FOOD</b>
<b>WEEK 3 (June 17-21)</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
CHOLE MILD	PASTA ALFREDO	JEERA RICE	RAVIOLI/PASTA	CHEESE PIZZA
BHATURA 2 PC + EXTRA	CUCUMBER/BABY CARROTS	PANEER MUTTER MILD	BREAD ROLL/GARLIC BREAD	CHIPS
	BABY CARROTS			
FRESH FRUITS	RANCH DRESSING	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
	FRESH FRUITS			
			<b>NO NUTS</b>	<b>MILD FOOD</b>
<b>WEEK 4 (June 24-28)</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
PASTA ALFREDO	IDLY SAMBAR	MAC N CHEESE	JEERA RICE	CHEESE PIZZA
PASTA MARINARA	VEG PULAV	BREAD STICKS	PANEER MAKHANI MILD	CHIPS
GARLIC BREAD				
RANCH DRESSING	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
FRESH FRUITS				

This menu will be repeated in July and August. Menu is subject to change