

## NEXT GEN INTERNATIONAL SCHOOL - MENU 2019-20

Day	Guideline	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Snack	Refreshment	Biscuits	Sweet Corn	Veg Sandwich	Seasonal Fruit	Boiled Peanuts, Cookie	Fruit Masala / Chat
	Beverage	Badam Milk	Fresh fruit Juice	Lemonade	Chocolate Milk	Squash	Lemonade
Lunch	Sweet / Soup	Tomato Soup	Semya Payasam	Corn Soup	Carrot Halwa	Hot & Sour Soup	Gulab Jamun
	Spl Rice	Lemon Rice	Veg Biryani	Jeera Rice	Pudina Rice	Tomato Rice	Fried Rice
	Fry	Aloo 65 fry	Cabbage Fry	Lady's Finger Fry	Gobi Fry	Dondakaya Fry	Totakura Fry
	Curry	Potato & Tomato	Kurma	Ridge Gourd /Lady's finger	Tomato Curry	Snake Gourd	Paneer Butter Masala
	Dal	Dosakaya Pappu	Aakukura Pappu	Tomato Pappu	Sorakai Pappu	Aakukura Pappu	Plain Dal
	Liquid	Rasam	Sambar	Challa Charu	Rasam	Sambar	Mixed Pulusu
	Salad	Carrot, Cucumber (Kheera), Onion	Carrot, Cucumber (Kheera), Tomato	Carrot, Cucumber (Kheera), Onion	Carrot, Cucumber (Kheera), Tomato	Carrot, Cucumber (Kheera), Onion	Carrot, Cucumber (Kheera), Tomato
	Crispies	Papad	Wheels	Vodiyalu	Papad	Wheels	Vodiyalu
	General	Rice, Curd, Podi, Ghee	Roti, Rice, Curd, Pickle, Ghee	Rice, Curd, Podi, Ghee	Roti, Rice, Curd, Pickle, Ghee	Rice, Curd, Podi, Ghee	Roti, Rice, Curd, Pickle, Ghee