

**SWS NOVEMBER SNACKS AND LUNCH MENU**

MORNING SNACKS	LUNCH MENU	EVENING SNACKS
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PLEASE FIND THE SNACK ITEM RATES BELOW THE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4-Nov-24	5-Nov-24	6-Nov-24	7-Nov-24	8-Nov-24
	SAMOSA	SAMOSA	TOMATO SANDWICH	VEG PUFF	WADA PAV
	MUSHROOM PUFF	CHEESE SANDWICH	DABELI	ALOO SANDWICH	CHUTNEY SANDWICH
	DAL TADKA	SHIKANJI	VEG BIRYANI	CHAAS	SHIKANJI
	PALAK PANEER	YELLOW MOONG DAL	MISSI LAUKI PARATHA	CHANA DAL	PAV BHAJI
	RICE	GOBHI MATAR	GREEN CHUTNEY	DRY MIX VEG	FRIED RICE
	ROTI	ROTI	DAHI	ROTI	ONION SALAD
	MASALA RAITA	KUCHUMBER	SALAD / PICKLE	RICE	CAKE
	PICKLE	RICE	GHEE & PAPAD	CUT SALAD	
	BANANA	MINT RAITA/PICKLE	CHIKKI	PICKLE	
		FRUIT CUSTARD		WATERMELON	
	SEV PURI	BHEL	PAPDI CHAAT	FRENCH FRIES	CORN CHAAT
Energy (Kcal)	567	553	525	528	531
Protein (gms)	18	18.5	18.4	20	18.2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11-Nov-24	12-Nov-24	13-Nov-24	14-Nov-24	15-Nov-24
	WADA PAV	SAMOSA	MUSHROOM PUFF	SANDWICH	
	VEG PUFF	CHEESE SANDWICH	VEG SANDWICH	SAMOSA	
	RED MASOR DAL	DAL MAKHNI	MISHAL JHOL	SOL KADI	
	SOYA CAPSICUM GRAVY	GOBHI MATAR	POHA CHIDWA	GOAN POTATO BHAJI	Tripurari Poornima
	TAWA ROTI	ROTI	MASALA BHAAT	WHITE PEAS GRAVY	
	CHAWALI SALAD	RICE	CURD	PURI	
	RICE	CUT SALAD	PAV	RICE	
	BESAN BARFI	RAITA / PICKLE	PICKLE	KUCHUMBER / PICKLE	
		WATERMELON	SUJI KA HALWA	BANANA	
	CORN CHAAT	WADA	FRENCH FRIES	PAPDI CHAT	BHEL
Energy (Kcal)	586	525	533	526	547
Protein (gms)	19.8	18.4	11.5	20	20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	18-Nov-24	19-Nov-24	20-Nov-24	21-Nov-24	22-Nov-24
	SAMOSA	BREAD PAKODA	VEG PUFF	SAMOSA	WADA PAV
	CHUTNEY SANDWICH	VEG SANDWICH	CHUTNEY SANDWICH	CHUTNEY SANDWICH	VEG PUFF
	LASSI	CHAACH	DAHI	RED CHAWALI DAL	VEG XACUTI
	MATAR PANEER	IDLI	PLAIN KHICHDI	JEERA ALOO	PAV
	ROTI	PEANUT CHUTNEY	GREEN CHUTNEY	ROTI	RICE
	JEERA RICE	SAMBHAR	MIX VEG PARATHA	BOONDI RAITA	PICKLE
	SLICE SALAD	RICE	GHEE & PAPAD	RICE	CUT SALAD
	PICKLE	COCONUT CHUTNEY	SPOURTS SALAD	BANANA	SUJI KA HALWA
	WATERMELON	MIX PICKLE	PICKLE / CHIKKI		
		COCONUT BARFI			
	FRENCH FRIES	ALOO TIKKI	BHEL PURI	CORN CHAAT	PAPDI CHAAT
Energy (Kcal)	551	528	568	525	520
Protein (gms)	20.2	9.4	17.5	19.6	19.6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25-Nov-24	26-Nov-24	27-Nov-24	28-Nov-24	29-Nov-24
	VEG SANDWICH	SAMOSA	KASTA KACHORI	VEG FRANKIE	SAMOSA
	SAMOSA	TOMATO SANDWICH	COLESAW S/W	CHUTNEY S/W	VEG PUFF
	RAJMA	VEG AVIYAL	KALA CHANA SALAD	DAL PALAK	WHOLE MASOOR GRAVY
	ALOO CAPSICUM	TOOR DAL TADKA	METHI PARATHA	SOYA CHUNK GRAVY	ALOO BAIGAN MASALA
	RICE/ROTI	ROTI	ALOO TOMATO JHOL	ROTI	ROTI
	MASALA RAITA	RICE	PULAO	RICE	RICE
	PICKLE	CUT SALAD	MINT RAITA	CUCUMBER SALAD	SALAD
	MACRONI SALAD	MIX PICKLE	PICKLE	PICKLE	PICKLE
	CAKE	COCONUT BARFI	CHIKKI	RAITA	BESAN BARFI
				BANANA	
	PAPDI CHAAT	BHEL	CORN CHAAT	ALOO TIKKI	SEV PURI
Energy (Kcal)	17	19.6	20.4	19.7	547
Protein (gms)	565	525	549	563	20

#### CANTEEN ITEM RATES

SNACK ITEMS	QTY	Rate	SNACK ITEMS	QTY	Rate	SNACK ITEMS	QTY	Rate	JUICE ITEMS	QTY	RATE
ALOO SANDWICH	1PC	30	UTTAPAM	1PC	30	MAKINO CORN TWIST TOMATO		35	JUST KASER BADAM MILK		35

ALOO TIKKI	1PC	30	VEG CUTLET PAV	1 PC	40	MAKINO PEANUTS		20	JUST BUTTERSCOTCH MILK		
BOMBAY SANDWICH	1 PC	40	VEG CUTLET	1PC	30	GARLIC					
BHEL PURI	1 BOWL	30	VEG PUFF	1PC	30	BLACK PEPPER					
CHUTNEY SANDWICH	1TRIANGLE	15	VEG FRANKIE	1PC	50	HING JEERA					
COLESAW SANDWICH	1PC	40	WADA PAV	1PC	40	TONG GARDEN		30			
CHEESE SANDWICH	1PC	40	WADA	1PC	20	MASALA GREEN PEAS					
CORN CHAAT	1 BOWL	30	PASTA	1BOWL	40	PEPITOS MAGIC MASALA		60			
DHOKLA	2 PC	25				PEPITOS PASTA CHEESE					
DABELI	1 PC	30	CRUNCHY PEANUT CHIKKI		10	PEPITOS PERI PERI					
FRENCH FRIES	1 PLATE	30	PEANUT BUTTER CRUNCH		10	MR MAKHANA CREAM & ONION		45			
GOAN SAMOSA	1 PC	25	TANG GARDEN SUNFLOWER SEEDS BBQ&SALTED		35	MR MAKHANA PERI PERI PARADISE		45			
MUSHROOM PUFF	1 PC	40	MAKINO NACHOS		35	MR MAKHANA HIMALAYAN SALT &PEPPER		45			
KHASTA KACHORI	1 PC	30	CHEESE		35	MR MAKHANA BUTTER TOMATO		45			
PUNJABI SAMOSA	1 PC	25	JALAPENO		35	MR MAKHANA PUDINA PARTY		45			
PAPDI CHAAT	1 PLATES	30	SWEET CHILLI		35	MR MAKHANA CHEEZY PEEZY		45			
PYAAZ KACHORI	1 PC	40	ROASTED MASALA		35						