

## SWS JANAUARY SNACKS AND LUNCH MENU

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

			WEDNESDAY	THURSDAY	FRIDAY
			1-Jan-25	2-Jan-25	3-Jan-25
				<b>VEG PUFF</b>	<b>WADA PAV</b>
				<b>ALOO SANDWICH</b>	<b>CHUTNEY SANDWICH</b>
				CHAAS	SHIKANJI
				DAL TADKA	WHOLE MASOOR DAL
				ALOO GOBHI	VEG JALFREZI
				RICE	TAWA ROTI
			NEW YEAR HOLIDAY	ROTI	RICE
				PICKLE	KUCHUMBAR / PICKLE
				BANANA	CHIKKI
				<b>FRENCH FRIES</b>	<b>CORN CHAAT</b>
<b>Energy (Kcal)</b>				<b>534</b>	<b>586</b>
<b>Protein (gms)</b>				<b>20</b>	<b>19.8</b>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>6-Jan-25</b>	<b>7-Jan-25</b>	<b>8-Jan-25</b>	<b>9-Jan-25</b>	<b>10-Jan-25</b>
	<b>WADA PAV</b>	<b>SAMOSA</b>	<b>MUSHROOM PUFF</b>	<b>FRANKIE</b>	<b>DABELI</b>
	<b>VEG PUFF</b>	<b>CHEESE SANDWICH</b>	<b>VEG SANDWICH</b>	<b>SAMOSA</b>	<b>CHUTNEY SANDWICH</b>
	CHAAS	MISAL JHOL	PUDINA SHIKANJI	SOL KADI	VEG KOFTA GRAVY
	CHANA DAL	POHA CHIDWA	VEG MANCHURIAN GRAVY	GOAN POTATO BHAJI	PARATHA
	DRY MIX VEG	MASALA BHAAT	HAKKA NOODLES	WHITE PEAS GRAVY	MINT RAITA
	ROTI	CURD	VEG FRIED RICE	PURI	MATAR PULAO
	RICE	PAV	CAKE	RICE	PICKLE
	CUT SALAD	PICKLE		KUCHUMBER / PICKLE	CUT SALAD
	PICKLE	SUJI KA HALWA		CHIKKI	BANANA
	COCONUT BARFI				
	<b>CORN CHAAT</b>	<b>WADA</b>	<b>FRENCH FRIES</b>	<b>PAPDI CHAT</b>	<b>BHEL</b>
<b>Energy (Kcal)</b>	<b>531</b>	<b>546</b>	<b>566</b>	<b>547</b>	<b>536</b>
<b>Protein (gms)</b>	<b>18.2</b>	<b>18.4</b>	<b>20.8</b>	<b>18.6</b>	<b>18.8</b>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>13-Jan-25</b>	<b>14-Jan-25</b>	<b>15-Jan-25</b>	<b>16-Jan-25</b>	<b>17-Jan-25</b>
	<b>SAMOSA</b>	<b>BREAD PAKODA</b>	<b>VEG PUFF</b>	<b>SAMOSA</b>	<b>WADA PAV</b>
	<b>CHUTNEY SANDWICH</b>	<b>VEG SANDWICH</b>	<b>COLESLAW SANDWICH</b>	<b>ALOO SANDWICH</b>	<b>VEG PUFF</b>
	LASSI	CHAACH	DAHI	DAL PALAK	SHIKANJI
	MATAR PANEER	IDLI WADA	PLAIN KHICHDI	SOYA CHUNK GRAVY	VEG XACUTI
	ROTI	PEANUT CHUTNEY	GREEN CHUTNEY	ROTI	PAV
	JEERA RICE	SAMBHAR	MIX VEG PARATHA	RICE	RICE
	SLICE SALAD	RICE	GHEE & PAPAD	CUCUMBER SALAD	PICKLE
	PICKLE	COCONUT CHUTNEY	SPOURTS SALAD	PICKLE	CUT SALAD
	CHIKKI	MIX PICKLE	PICKLE / RICE KHEER	RAITA	SABUDANA KHEER
		BANANA		BESAN BARFI	
	<b>FRENCH FRIES</b>	<b>ALOO TIKKI</b>	<b>BHEL PURI</b>	<b>CORN CHAAT</b>	<b>PAPDI CHAAT</b>
Energy (Kcal)	<b>551</b>	<b>525</b>	<b>568</b>	<b>563</b>	<b>534</b>
Protein (gms)	<b>18.4</b>	<b>20.4</b>	<b>18.4</b>	<b>19.7</b>	<b>17.4</b>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>20-Jan-25</b>	<b>21-Jan-25</b>	<b>22-Jan-25</b>	<b>23-Jan-25</b>	<b>24-Jan-25</b>
	<b>KASTA KACHORI</b>	<b>SAMOSA</b>	<b>PYAAZ KACHORI</b>	<b>VEG FRANKIE</b>	<b>VEG CUTTET PAV</b>
	<b>VEG SANDWICH</b>	<b>CHEESE SANDWICH</b>	<b>COLESAW S/W</b>	<b>ALOO SANDWICH</b>	<b>CHUTNEY SANDWICH</b>
	CHOLA	ALOO TOMATO CURRY	VEG BIRYANI	CHAAS	VEG CUTLET BURGER
	BHATURA	KALA CHANA DRY	MISSI LAUKI PARATHA	WHITE CHAULI GRAVY	COLESLAW SALAD
	PULAO	PURI	GREEN CHUTNEY	PALAK SWEET CORN	TOMATO KETCHUP
	ONION SALAD	BOONDI RAITA	DAHI	ROTI	VEG PULAO
	MASALA RAITA	MINT RICE	SALAD / PICKLE	RICE	MIX VEG RAITA
	PICKLE	SUJI KA HALWA	SEVIYA KHEER	KUCHUMBER	CAKE
	GULAB JAMUN (2PC)			FRUIT CUSTARD	
	<b>ALOO TIKKI</b>	<b>PAPDI CHAAT</b>	<b>BHEL</b>	<b>SEV PURI</b>	<b>FRENCH FRIES</b>
<b>Energy (Kcal)</b>	<b>567</b>	<b>535</b>	<b>525</b>	<b>540</b>	<b>575</b>
<b>Protein (gms)</b>	<b>18</b>	<b>19.6</b>	<b>18.4</b>	<b>20.4</b>	<b>13.5</b>

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>27-Jan-25</b>	<b>28-Jan-25</b>	<b>29-Jan-25</b>	<b>30-Jan-25</b>	<b>31-Jan-25</b>
	<b>VEG SANDWICH</b>	<b>VEG PUFF</b>	<b>COLESLAW SANDWICH</b>	<b>WADA PAV</b>	<b>MUSHROOM PUFF</b>
	<b>SAMOSA</b>	<b>VEG FRANKIE</b>	<b>SAMOSA</b>	<b>CHUTNEY SANDWICH</b>	<b>DABELI</b>
	SHIKANJI	PAV	CHAAS	ALOO TOMATO CURRY	RAJMA
	GREEN MOONG DAL	BHAJI	TADKA DAL	KALA CHANA DRY	ALOO MATAR
	JAIN DUM ALOO	ONION SALAD	CARROT CABBAGE BHAJI	PURI	RICE/ROTI
	ROTI	PANEER PULAO	RICE	BOONDI RAITA	MASALA RAITA
	RICE	MINT RAITA	METHI TEPLA	MINT RICE	PICKLE
	SALAD	PICKLE	GREEN CHUTNEY	SUJI KA HALWA	MACRONI SALAD
	PICKLE	CHIKKI	PICKLE		CAKE
	HALF ORANGE		BANANA		
	<b>SWEET CORN</b>	<b>SEV PURI</b>	<b>BHEL</b>	<b>CORN CHAAT</b>	<b>PAPDI CHAAT</b>
<b>Energy (Kcal)</b>	<b>554</b>	<b>551</b>	<b>525</b>	<b>525</b>	<b>565</b>
<b>Protein (gms)</b>	<b>17.5</b>	<b>19.6</b>	<b>18.2</b>	<b>19.6</b>	<b>17.7</b>

**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	1 TRIANGLE	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						