

September'25 menu

Date	Menu	Energy	Protein	Fat	Iron	Calcium
		(kcal)	(g)	(g)	(mg)	(mg)
1	Mix veg tawa pulao + raita	606	11.4	9.2	4	254
2	Chhole + paratha + onion salad	620	12.3	15.8	3.6	198
3	Idli + sambar + chutney	580	15.6	10.6	4.2	224
4	Dal makhani + jeera rice + sweet bundi	584	12.4	11.8	3.6	138
5	Holiday					
6	Whole wheat pizza roll + fresh sauce	566	11.2	14.2	4.6	152
7	Sunday					
8	Veg manchurian + fried rice	614	10.7	17.2	3.9	211
9	(Whole wheat) Pav bhaji + salad	630	11.2	12.2	4	190
10	Mix veg uttapam + sambar + chutney	580	15.6	10.6	4.2	224
11	Rajma + jeera rice + gulab jamun	635	12.4	14.8	3.6	138
12	Roti + paneer do pyaza	670	12.6	13.6	4	380
13	Holiday					
14	Sunday					
15	Rajwadi khichadi + kadhi + fryums	606	11.4	9.2	4	254
16	Sev usal + (whole wheat) buns + tari + onion salad	620	12.1	15.4	6	260
17	Mix veg idli + sambar + chutney	580	15.6	10.6	4.2	224
18	Kashmiri dal + jeera rice + muffin	622	12.3	13	3	180
19	Roti + lauki kofta subzi	615	10.4	12.1	5.2	266
20	Live dhokla + chutney	585	10.4	11.8	3.6	138
21	Sunday					
22	Gujarati dal + rice + fulwadi	608	12.3	11.2	3	180
23	Roti + aloo muttar subzi + corn peanut salad	595	9.1	11	3.2	176
24	(whole wheat) Burger + fresh sauce	620	8.8	13.2	2.2	168
25	Dal tadka + jeera rice + papad	613	12.3	15.5	3	180
26	Roti + chana masala + shira	632	12.3	13.1	3	180
27	4th Saturday					
28	Sunday					
29	Pink sauce veggie (sooji) pasta + fruit	576	11.6	9.6	3.4	160
30	holiday					

Note: any last moment changes in the menu are subject to seasonal availability of fresh ingredients

Recipe of the month

Oatmeal bread

1. Wheat Flour - 1.5 cup
2. Instant Oats - ½ cup
3. Dried Yeast - 1.5 tsp
4. Sugar - 1 tsp
5. Salt to taste
6. Warm Water - 1 cup or as needed
7. Olive oil - 1 tablespoon
8. Milk for brushing on top of bread
9. Sesame Seeds for sprinkling

Method:

- Take yeast, sugar in a bowl, add water water and let it sit for 5 mins.
- Take flour, oats, salt in a bowl and mix well. Add the yeast mix in and knead well. The dough with be little sticky.
- Now apply oil over it and cover with a plastic wrap. Set aside in a warm place for 1 hour or so.
- Now punch the air from the dough and knead it well on a counter, sprinkle more flour as needed.
- Now shape it into a log like and place it on a flour dusted baking tray.
- Apply oil over it and cover with a plastic wrap. Now set aside to rise for 30 to 45 mins
- In the last 10 mins of rising, preheat oven to 220 degree C.
- Now remove the plastic wrap, brush with some milk and sprinkle with sesame seeds.
- Bake this in a preheated oven for 15 to 20 mins.
- Remove it and cool it down.
- Slice and serve