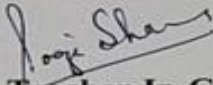
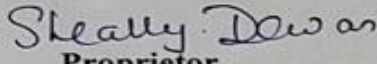
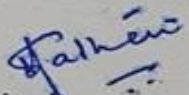
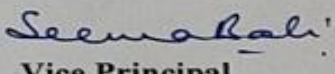


St. Mary's School, Dwarka
Mid – Day Meal Planner for the Month of November 2022
“The First Wealth is Health”

01.11.2022	Tuesday	Puri, Chana & Halwa
02.11.2022	Wednesday	Matar Paneer and Chapati
03.11.2022	Thursday	Lauki Chana Dal & Rice
04.11.2022	Friday	Vegetable Noodles and Fruit
07.11.2022	Monday	Aloo Matar and Chapati
08.11.2022	Tuesday	GURU NANAK JAYANTI
09.11.2022	Wednesday	Mix Veg Paneer & Chapati and Dessert
10.11.2022	Thursday	Kofta Curry & Rice
11.11.2022	Friday	Mix Vegetable & Chapati and Frooti
14.11.2022	Monday	Chana Dal and Rice
15.11.2022	Tuesday	Rajma Rice
16.11.2022	Wednesday	Mix Dal & Chapati and Dessert
17.11.2022	Thursday	Matar Paneer and Chapati
18.11.2022	Friday	Chana Rice and Fruit
21.11.2022	Monday	Seasonal Vegetable and Chapati
22.11.2022	Tuesday	Rajma Rice
23.11.2022	Wednesday	Mix Veg Paneer & Chapati
24.11.2022	Thursday	Dal Rice and Fruit
25.11.2022	Friday	Vegetable Noodles and Dessert
28.11.2022	Monday	Soya Nuggets & Aloo Curry and Chapati
29.11.2022	Tuesday	Kofta Curry and Rice
30.11.2022	Wednesday	Seasonal Vegetable and Chapati

 Teacher-In-Charge	 Proprietor
 Principal Principal ST. MARY'S SCHOOL Dwarka	 Vice Principal Vice Principal ST. MARY'S SCHOOL Dwarka

Seasonal Vegetables subject to availability.