

Holy Cross Sr. Sec. School, Bagru, Sonipat

DIET CHART

Day	Breakfast 7:30 AM	Lunch 12:30 PM	Dinner 7:30 PM
Monday	Khichadi, Milk/ Egg/ 02 Banana	Rice, Chhole, Curd, Salad, Chapati	Mix Dal, Rice, Palak/Shahi Paneer, Chapati
Tuesday	Milk Daliya	Rajma, Rice, Chapati, Raita, Salad	Soya Chaap, Mix Dal, Chapati, Salad
Wednesday	Milk, Bread, Sweets/Egg	Soya Dal, Rice, Veggie, Chapati, Curd, Salad	Mix Dal, Rice, Chapati, Veggie/Soyabadi, Salad
Thursday	Poha Peanut, Curd	Rice, Chhole, Chapati, Raita, Salad	Mix Dal, Chapati, Paneer Veggie, Salad
Friday	Noodles/ Kheer	Rice, Rajma, Chapati, Curd, Salad	Mix Dal, Rice, Chapati, Veggie, Salad
Saturday	Bread, Milk, Egg/02 Banana	Rice, Chhole, Chapati, Curd, Salad	Mix Dal, Soya Chaap, Chapati, Salad
Sunday	Kheer	Puri, Veggie	Mix Dal, Chapati, Veggie of Kaddu, Salad