

ZAYTUN INTERNATIONAL ACADEMY

FOOD MENU

(Summer Session - 2023-24) May-September

DAY	BREAKFAST	REFRESHMENT	LUNCH	REFRESHMENT	DINNER	Milk/ Sweets
Monday	Milk + Black Chana + 1 banaba	Maggi	Dal (yellow) + Jeera Rice + Chach	Namkeen Mixture + Tang/Shikanji	Nahari + Tandoori roti	NA
Tuesday	Tea + Daliya + Rusk	Fruit Chat	Kadi Chawal/Chole Chawal + Salad	Muffin Cake/Cream Cake+Rohafza	Mix Veg. + Rumali roti	Milk
Wednesday	Milk + Sandwich + Rusk	Kabuli Chana	Mix dal+Plain Rice+Chach	Fruit Chat	Butter Chicken + Tandoori Roti	Gulab Jamun
Thursday	Tea + Bread Omelate	Seasonal Fruit (Mango, Apple, Papaya, Melon etc)	Veg Biryani & Chatni	Samosa + Sauce	Shahi Paneer + Tandoori Roti	Halwa
Friday	Milk + Bread + Jam & Butter	Biscuits (Oreo/ Goodday/50-50 etc)	Biryani + Raita	Seasonal Fruit (Mango, Apple, Papaya, Melon etc)	Daal Makhan/Veg Curry + Rumali Roti	Milk
Saturday	Milk + Chole Bread/Kulche	Namkeen Mixture/ Bail puri	Rajma Rice	Ice Cream	Chicken Korma + Tandoori Roti	Fruit Custard
Sunday	Tea + Puri Sabzi	Banana (After Fajar)	Rice + Aloo Keema/ Dal Keema	Mix Pokodi/ Bread Pakodi	Egg Curry/Loki Chana Dal + Rumali Roti	Milk