

**GLENDALE ACADEMY INTERNATIONAL  
MENU FOR SEPTEMBER 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ganesh Chaturthi	3. Poori, Chole, Coconut rice, Garlic Dal, Bhindi dopyaza, Boondi Raita, Sweetcorn Salad, Kheer	4. Parantha, Palak Paneer, Jeera Pulao, Tindli fry, Tomato dal, Curd, Sprouts Salad, Moong dal halwa	5. Veg. Pizza, Tomato Ketchup, Rice, Palak dal, Aloo methi Soya Kheema, Curd, Chick pea salad, Fruit	6. Jeera Pulao, Parantha, Dal makhani, Navratan Korma, French Fries, Salad, Curd, Jalebi	7. Veg. Burger, French Fries, Tomato Sauce, Rice, dal, curd, Sprouts Salad, Trifle Pudding
	9. Roti, Soya Chunk gravy, Peas Pulao, Mixed Vegetable stir fry, Dal, Curd, Salad, Ice-cream	Muharram	11. Parantha, Kadai Paneer, Jeera Pulao, Ridge gourd sabji, Dal, Raita, Salad, Gulab Jamun	Ganesh Immersion	13. Roti, Soya Kheema with peas, Veg. Biryani, Raita, Mirchi ka salan, Aloo 65, Salad, Phirni	Second Saturday
	16. Roti, Malai Kofta Curry, Rice, Mixed Veg. Pakoras, Methi Dal, Salad, Curd, Banana	17. Idli, Coconut Chutney, Drumstick Sambhar, Rice, Avial, Salad, Buttermilk, Seviyan Sabudana Payasam	18. Parantha, Lauki Kofta Curry, Jeera Pulao, Dal, Tindli fry, Raita, Salad, Ice-cream	19. Veg. Noodles, Veg. Fried rice, Paneer Manchurian, French Fries, Buttermilk, Salad, Fruit	20. Parantha, Rajma Masala, Jeera Pulao, Kadhai Bhindi, Garlic dal, Raita, Salad, Coconut burfi	21. Bisi bela bath, Boondi raita, fryums, Veg. Vermicelli, Tomato sesame chutney, Kosambari salad, Fruit Chaat
	23. Roti, Paneer Jalfrezi, Peas Pulao, Whole Moong Curry, Raita, Salad, Ice-cream	24. Pav Bhaji, Lemon rice, Vegetable Chutney, Dal, Raita, Peanut Salad, Banana	25. Roti, Panchmel Sabji, Rice, Kadhi Pakora, Dal, Salad, Buttermilk, Laddoo	26. Pasta with soya kheema, Potato Wedges, Tomato sauce, Rice, Methi Dal, Curd, Salad, Fruit	27. Roti, Methi Soya Kheema, Veg. Biryani, Mirchi ka salan, Raita, Aloo 65, Salad, Double ka Meetha	Bathukamma (Dusshera Holidays Start) Mid-term Break
	Mid-term Break					