



The Millennium™
School

Surat



Meal Menu

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01 Misal Pav Fansi Potato, Roti, Dal Fry, Rice	02 Sev Khaman, Besan Chutney Red Choli, Roti, Dal Tadka, Rice	03 Bhel Gujarati Potato Sabji, Roti, Gujarati Dal, Rice	04 Idli, Sambhar, Chutney Bhindi Masala, Roti, Kadhi, Khichadi	05 HOLIDAY	06 HOLIDAY
07 Thepla, Curd Palak Corn Sabji, Roti, Dhabawali Dal, Jeera Rice	08 Upma, Tomato Chutney Afgani Kofta, Roti, Dal Fry, Rice	09 Poha Pav Bhaji, Indonesian Rice, Manchow Soup	10 Uttapam, Sambhar, Chutney Aloo Mutter, Roti, Pakodi Kadhi, Steam Rice, Moong Dal Sheera	11 HOLIDAY	12 	13 HOLIDAY
14 Ragda Tikki Dry Moong, Roti, Dal Tikhari, Jeera Rice	15 Lemon Pepper Idli, Hot Garlic Sauce Chhole Masala, Roti, Matka Dal, Rice	16 Sandwich Dudhi Chana, Roti, Veg. Pulav, Gujarati Kadhi	17 Aloo Bonda Rajma Curry, Roti, Vagharelo Rice, Clear Soup	18 Bhel Mutter Paneer, Roti, Dilliwali Dal, Jeera Rice	19 HOLIDAY	20 HOLIDAY
21 Pasta White Choli, Roti, Dal Tadka, Jeera Rice	22 Sev Khamani, Chutney Besan Gutta Sabji, Roti, Palak Dal, Jeera Rice	23 Dabeli Mix. Khatod, Roti, Masala Kichadi, Kadhi	24 Tadka Idli, Chutney Flower Sabji, Roti, Gujarati Dal, Rice	25 Quesadilla, Schezwan Sauce Methi Mutter Malai, Roti, Dal, Rice, Sweet Bundi	26 HOLIDAY	27 HOLIDAY
28 HOLIDAY	29 HAPPY Dhanteras 	30 HAPPY KALI CHAUDAS	31 HOLIDAY			

Beans were often brought along on long sea voyages where they were sprouted and eaten while at sea to prevent scurvy.

