

Regular South Asian Summer Menu - Week 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	Breakfast Cereal Oatmeal Pancake with Syrup toast Boiled Egg prune juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal Danish toast Steamed Egg Apple juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal Carrot Muffin Toast Light Peanut Butter Cranberry Juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal Waffles w/ syrup Toast Boiled egg Apple juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal Lemon poppy seed muffin Toast Light Peanut Butter Orange juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal English Muffin Toast Turkey Patty Prune juice 2% milk Tea / Coffee	Breakfast Cereal Oatmeal Pancake w/ syrup or Toast Boiled egg Cranberry Juice 2% milk Tea / Coffee	
	Lunch	Cream of Leek soup Chicken Kebabs Roti/Rice Cucumber raita(Shredded) Yellow bean paste pudding 2% milk Tea / Coffee	Carrot Soup Kadhi Roti/Rice Channa Dal Mango Mousse Cake 2% Milk Tea / Coffee	Cream of Asparagus Soup Aloo Qeema Roti Rapini Chundal Papaya 2% Milk Tea / Coffee	Bean Soup w/ cabbage Karhai Chicken/Mint Chutney Rice Garden Salad Sweet beancurd dessert 2% milk Tea / Coffee	Minestrone soup soya beans n lobia beans Curry Brown Rice/roti Zuchini bhujia Sweet Tapioca/Taro 2% milk Tea / Coffee	Vegetable tomato soup Koli Kolumbu Roti/Rice Cholar curry Fresh Watermelon 2% milk Tea / Coffee	Cream of Mushroom Soup Mixed vegetables Curry Roti/rice Kadhi Black Sesame Dessert 2% milk Tea / Coffee
		<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>
		Soybean Curry Roti/Rice	Palak Paneer Roti/Rice	Mixed Daal Roti	Veggie Kolumbu Rice	Mixed Daal Brown Rice/roti	Sabzi biryani Roti/Rice	Fish Curry Roti/rice
		Cauliflower Curry Fresh Orange	Corn sabzi Chilled pineapple	Green Beans & potato Bhujia Orange Sherbert	Kali Daal Canned Lychee	Raita(Shredded) Honeydew Melon	Cucumber raita(Shredded) Vanilla Pudding	Tossed salad w/ dressing Fresh Orange
		Dinner	Red Lentil daal Roti/String Hoppers	Chicken Ginger Roti / Idli Sauteed Oriental Vegetable Vanilla ice-cream 2% milk Tea / Coffee	Potato Curry Roti/String Hoppers	Peas potato curry Roti/Couscous	Minced Kofta Roti/Rice	Paneer slices Roti/ Idli
	Palak Gosht Banana 2% milk Tea / Coffee		Bhurta Fresh Banana 2% milk Tea / Coffee	Tarka moongdal Diced Cantaloupe 2% milk Tea / Coffee	Broccoli canned Pear 2% milk Tea / Coffee	Spinach dal Fresh Fruit Cup 2% milk Tea / Coffee	Cowpea Daal, Kitchri Chilled peaches 2% milk Tea / Coffee	
<i>Alternative</i>	<i>Alternative</i>		<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	<i>Alternative</i>	
Loki Ki Sabji Roti/String Hoppers	Bharve Baingan Roti / Idli	Take Out Day Roti/String Hoppers	Koli Kolumbu Roti/Couscous	Vegetable Kofta Curry Roti/Rice	Moong Daal Roti/ Idli	mutton Qeema Roti/Rice		
Seasoned Green Beans Butterscotch Pudding	Mixed Daal Tangerine	Kentucky Fried Chicken, Salad & French Fries Cheese Cake	Bindi Curry Mini Cream Puff	Sambhar, Masala Dosa Pound Cake	Shaljam (turnip) bhujia Carrot Cake	Green beans and eggplant bhujia Mini Cream Puff		