

EDUCATORS SOCIETY FOR HERITAGE OF INDIA ईशा

ईशा STARTalk SUMMER SCHOOL 2017 LUNCH (11:55 AM -12:55 PM) MENU

(ALL FOOD SERVED AT THE SUMMER SCHOOL WILL BE VEGETARIAN)

	MONDAY 7/17/2017	TUESDAY 7/18/2017	WEDNESDAY 7/19/2017	THURSDAY 7/20/2017	FRIDAY 7/21/2017
Snack	<----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Cereals, Milk, cookies ----->				
Lunch	<u>Indian Food</u> Palak Paneer Yellow Daal Naan Paratha Plain Dahi Rice Gulab Jamun	<u>South Indian Food</u> Idli Vada Sambhar Chutney Raita Tamarind Rice Sweet	<u>Italian</u> Panne with Tomato Sauce Ravioli Cheese/ Spinach Garlic Bread Salad Assorted Cookies	<u>Domino's</u> PIZZA plain, onion, mix Veg watermelon/sweets	<u>Field Trip</u> Food will be served at the temple
	7/24	7/25	7/26	7/27	7/28
Snack	<----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Cereals, Milk, cookies ----->				
Lunch	<u>Fallafal</u> Fallafal Sandwich Watermelon / Ice Cream / Cookie	<u>Indian Food (SITE VISITORS)</u> Matar Paneer Yellow Daal Naan Rice Gajar Halwa Salad	<u>Italian</u> Panne with Tomato Sauce Ravioli Cheese/ Spinach Garlic Bread Salad Assorted Cookies	<u>South Indian Food</u> Idli Vada Sambhar Chutney Raita Tamarind Rice Sweet	<u>Mela</u> Domino's PIZZA plain, onion, mix Veg (Students get snacks/fruit/chaat in Mela)
	7/31	8/1	8/2	8/3	8/4
Snack	<----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Cereals, Milk, cookies ----->				
Lunch	<u>Taco Bell / Fallafal</u> Bean Burritos Bean Chalupa Supreme Assorted Cookies	<u>South Indian Food</u> Idli Vada Sambhar Chutney Raita Tamarind Rice Sweet	<u>Italian</u> Panne with Tomato Sauce Ravioli Cheese/ Spinach Garlic Bread Salad Assorted Cookies	<u>Domino's</u> PIZZA plain, onion, mix Veg watermelon/sweets	<u>Last Day -Indian Food</u> Shahi Paneer Bhindi Masala Yellow Daal Salad Rice, Dahi Plain Naan, Paratha Ras malai