

EDUCATORS SOCIETY FOR HERITAGE OF INDIA ईशा

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

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

| | MONDAY 7/1/2019 | TUESDAY 7/2/2019 | WEDNESDAY 7/3/2019 | THURSDAY 7/4/2019 | FRIDAY 7/5/2019 |
|--------------|---|--|--|---|---|
| Snack | <----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Milk, cereal, cookies -----> | | | | |
| Lunch | <u>South Indian Food (Temple)</u> Idli Medu Vada Samber Tamarind Rice Indian Sweet Coconut Chatni | <u>Italian Food</u> Pasta Spinach /cheese Ravioli Garlic knots Cookies Salad | <u>Indian Food</u> Mix Naan Matar Paneer Chhole Gulab Jamun Rice Salad | <u>CLOSED</u> | <u>Site Visit (Pizza)</u> |
| | 7/8 | 7/9 | 7/10 | 7/11 | 7/12 |
| Snack | <----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Milk, cereal, cookies -----> | | | | |
| Lunch | <u>Italian Food</u> Pasta Spinach / cheese Ravioli Garlic knots Ice Cream Salad | <u>Indian Food (SITE VISITORS)</u> Mix Kulcha Daal Makhani Matar Paneer Gajar Halwa Salad Rice | <u>Maxican</u> Bean Rice Burrito Veg Quasadilla Watermelon Cookies | <u>Indian Food</u> Mix Naan Aloo Gobhi Matar Kadhi Rice Gulab Jamun Salad | <u>Mela</u> PIZZA plain, mix Veg (Students will buy snacks and fruit chaat in Mela) |
| | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 |
| Snack | <----- One snack will be served (9:15AM -9:30AM) such as bagels, fruit, Milk, cereal, cookies -----> | | | | |
| Lunch | <u>Indian Food</u> Mix Naan Palak Paneer Daal Tadka Rice Gulab Jamun Salad | <u>Italian Food</u> Pasta Spinach / cheese Ravioli Garlic knots Ice Cream Salad | <u>Maxican</u> Mexican food Cookies | <u>PIZZA</u> PIZZA plain, mix Veg Watermelon Assorted Cookies | <u>Last Day - Indian Food</u> Shahi Paneer Kadhi Pakoda Mix Veg Salad, Achar Papad, Jeera Rice, Raita Naan, Kulcha Mix Gulab Jamun |