kangaroo kids | BILLABONG HIGH INTERNATIONAL SCHOOL NOIDA

Menu for the month of November'23

DATE	1-Nov			2-Nov			3-Nov			6-Nov			7-Nov		
DAYS	WED	Amt	Kcal	THU	Amt	Kcal	FRI	Amt	Kcal	MON	Amt	Kcal	TUE	Amt	Kcal
BREAKFAST															
Milk	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110
Cereals	Cornflakes	25gm	94	Cornflakes	25gm	94	Chocos	25gm	94	Cornflakes	25gm	94	Cornflakes	25gm	115
Bread	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160
Hot Savoury	Macrony	1 bowl	140	Kathi Roll	1 number	180	Cheese Corn Sandwich	2 number	250	Cutlets	2 pieces	160	Cocktail Idili with Chutney	2 Pc + 1 Spoon	160+80
Fruit/Swe	Seasonal Fruit	100gm	80	Manchaw Soup with Fried Noodles	1bowl	90	Seasonal Fruits	100gm	80	Tomato Soup	1 bowl	80	Seasonal Fruits	100gm	80
LUNCH															
Dal	Rajma Masala	1bowl	180	Punjabi Kadi Pakora	1bowl	250	Potato Wedges in Hot Garlic Sauce	1bowl	280	Dal Makhani	1bowl	150	Kala Chana	1bowl	150
Vegetable	Maithi Aloo Subzi	1bowl	110	Chatpate Jeera Aloo	1 bowl	150	Red Sauce Pasta	1bowl	300	Shahi Paneer	1bowl	162	Gobhi Aloo Masala	1bowl	140
Chapa	Butter Roti	2 pcs	200	Butter Roti	2 pcs	200	Quesedilla	2 pcs	210	Multigrain Roti	2	80	Butter Roti	2 pcs	200
Rice	Jeera Raice	1bowl	110	Steam Rice	1 bowl	90	Mexican Rice	1bowl	140	Jeera Rice	1bowl	110	Jeera Rice	1bowl	110
Salad/ Soup	Green Salad	100gm	40	Sprout Salad	1 bowl	60				Green Salad	1 bowl 40		Green Salad	1 plate	40
Curd/ Desser	Papdi Chat	1 bowl	50	Gulab Jamun	1 pc	80	Mojito	1 bowl	50	Besan Ladoo	1 pc	120	Boondi Raita	1 bowl	150
EVENING SNACK															
Milk	Bournvita Milk	200ml	160	Bournvita Milk	200 ml	160	Bournvita Milk	200ml	160	Bournvita Milk	200 ml	160	Bournvita Milk	200ml	160
Snack	Bread Poha	1 bowl	210	Besan Cheela	2 pcs	200	Smiley	4pcs	180	French Fries	1 bowl	250	Veg Macrony	1 bowl	160
Fruit	Seasonal Fruit	100gm	80	Seasonal Fruit	100gm	80	Seasonal Fruits	100gm	80	Seasonal Fruits	100 gm	80	Seasonal Fruits	100gm	80

DATE	8-Nov			9-Nov			16-Nov			17-Nov			20-Nov		
DAYS	WED	Amt	Kcal	THU	Amt	Kcal	THU	Amt	Kcal	FRI	Amt	Kcal	MON	Amt	Kcal
BREAKFAST															
Milk	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110 kcal	Hot Milk	200ml	110 kcal
Cereals	Cornflakes	25gm	94	Chocos	25gm	94	Cornflakes	25gm	94	Chocos	25gm	115	Cornflakes	25gm	94
Bread	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160
Hot Savoury	Burger	1number	180	Tangy Macrony	1 bowl	190	Mexican Roll with Salsa Sauce	1 roll	200	Red Sauce Pasta	1 bowl	180	Dal Aloo Pyaj Paratha with Butter	2 pcs	290
Fruit/Sweet/	Cream Tomato Soup	100gm	80	Seasonal Fruits	100 gm	80	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80	Cream of Tomato Soup	100gm	80
LUNCH															
Dal	Rajasthani Gatta Curry	1bowl	150	Pindi Chole	1 bowl	160	Punjabi Kadi Pakora	1bowl	250	Sambhar	1 bowl	222	Dal Tadka	1bowl	80
Vegetable	Rajasthani Papad Aloo Subzi	1bowl	120	Bhature	2 pcs	180	Chatpate aloo	1bowl	150	Idili	2 pcs	140	Mix Veg.	1bowl	180
Roti	Missi Besan Pyaj Ki Roti	2 pcs	180	Chatpate Aloo	1 bowl	120	Butter Roti	2 pcs	200	Masala Dosa	2 pcs	180	Ragi Roti	2 pcs	80
Rice	Matar Pulav	1 bowl	130	Pyaj Wale Chawal	1 bowl	110	Steam Rice	1 bowl	90	Lemon Rice	1 bowl	90	Jeera Rice	1 bowl	110
Salad	Lachaa Pyaj	1 bowl	20	Chutney Wale Pyaj	1 plate	100	Green Salad	100 gm	40				Green Salad	100 gm	40
Curd/Desser	Suji Halwa	1bowl	110	Dahi Bhalla	1 bowl	50	Shahi Tukda	1 Pcs	80	Paysam	1 bowl	90	Besan Barfi	1 Pcs	90
EVENING SNACK															
Milk	Bournvita Milk	200ml	160	Bournvita Milk	200ml	160	Bournvita Milk	200ml	160	Bournvita Milk	200ml	160	Bournvita Milk	200ml	160
Snack	Smili	100gm	210	Besan Cheela	2 pcs	200	Smiley	4 pcs	180	Macrony	1 bowl	160	Veg. Utapam	2pc	180
Fruit	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80	Seasonal Fruit	100gm	80	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80

DATE	21-Nov			22-Nov			23-Nov			28-Nov			29-Nov		
DAYS	TUE	Amt	Kcal	WED	Amt	Kcal	THU	Amt	Kcal	TUE	Amt	Kcal	WED	Amt	Kcal
BREAKFAST															
Milk	Hot Milk	200 ml	110	Hot Milk	200ml	110	Hot Milk	200ml	110	Hot Milk	240 ml	110 kcal	Hot Milk	240 ml	110 kcal
Cereal	Cornflakes	25 gm	94	Cornflakes	25gm	94	Chocos	25gm	94	Cornflakes	25 gm	94	Cornflakes	25 gm	94
Bread	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160	Brown Bread(Butter/Jam)	2slice	160
Hot Savoury	Tawa Paneer Aloo Sandwich	2 pcs	240	Purani Delhi ka Matra Kulcha	2 pcs	240	Kandha Poha	1 bowl	280	Mexican Roll with Salsa	1 roll	210	PAV Bhaji	2 bun +1 bowl	210 + 110
Fruit/Swe	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80	Vegetable Soup	1 bowl	60	Seasonal Fruit	100gm	80	Sweet Corn Soup	100gm	80
LUNCH															
Dal	Saron Ka Sag	1 bowl	40	Kala Chana	1 bowl	150	Chilli Paneer	1 bowl	180	Dal Makhani	1 bowl	110	Rajma Masala	1 bowl	180
Veget	Dal Makahni	1 bowl	140	Gobhi Musalam	1 bowl	162	Chilli Potato	1 bowl	250	Matar Korma	1 bowl	150	Mix Veg.	1 bowl	140
Chapa	Makki Ki Roti	2 pcs	160	Ragi Roti	2pcs	80	Noodles	1 bowl	180	Butter Roti	2 pcs	200	Butter Roti	2 pcs	200
Rice	Vegetable Biryani	1 bowl	220	Jeera Rice	1 bowl	110	Fried Rice	1 bowl	150	Jeera Rice	1 bowl	110	Jeera Rice	1 bowl	110
Salad/	Green Salad	1 bowl	40	Sprout Salad	1 bowl	60				Macrony Salad			Green Salad	100 gm	40
Curd/ dessar	Boondi Raita	1 bowl	50	Plain Curd	1 bowl	60	Fruit Custard	1 bowl	180	Coconut Ladoo	1 pc	140	Boondi Raita	1 bowl	50
EVENING SNACK															
Milk	Bournvita Milk	200ml	190	Bournvita Milk	200ml	190	Bournvita Milk	200ml	190	Bournvita Milk	200ml	190 kcal	Bournvita Milk	200ml	190
Snack	French Fries	1 bowl	140	Smili	4 pcs	180	Veg. Cutlet	2pc	190	Suji toast	2 pcs	160	Suji Toast	2 pc	160
Fruit	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80	Seasonal Fruits	100gm	80	Seasonal Fruit	100gm	80	Seasonal Fruits	100gm	80

DATE	30-Nov		
DAYS	THU	Amt	Kcal
BREAKFAST			
Milk	Hot Milk	200ml	110
Cereals	Cornflakes	25gm	94
Bread	Brown Bread(Butter/Jam)	2slice	160
Hot Savoury	Cocktail Idli with Coconut Chutney	1 bowl	180
Fruit/ Sweet	Seasonal Fruits	100gm	80
Dal	Punjabi Kadi Pakora	1 bowl	250
Vegetable	Jeera Aloo	1 bowl	150
Roti	Butter Roti	2 pcs	200
Rice	Steam Rice	1 bowl	90
Salad	Green Salad	100 gm	40

Curd/ Desser	Rice Kheer	1 bowl	140												
Milk	Bournvita Milk	200ml	160												
Snack	Veg. Cutlet	2 pcs	150												
Fruit	Seasonal Fruits	100gm	80												