

PREPARING FOR LIFE



CANDOR
International School

FOOD MENU



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Indian: Set Dosa with Vegetable Saghu, Pudhina Chutney
Egg: Egg Akuri & Boiled Egg
Continental: Breadsticks & Mini Sweet Buns
Bread: Milk Bread, Brown Bread & Multigrain Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Vermicelli Upma & Masala Vada, Coconut Chutney, Dilpasand
Egg & Continental: Pancake with Honey & Boiled Egg
Bakery: Masala Toast Bread
Bread: Milk Bread, Brown Bread & Multigrain Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Poori with Channa Masala, Coconut Chutney & Onion Laccha
Egg: Egg Bhurji & Boiled Egg
Continental: Vanilla Cup Cake & Chocolate Cake
Bread: Milk Bread, Brown Bread & Multigrain Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Chow Chow Bath with Chutney
Egg & Continental: French Toast with Honey & Boiled Egg
Bakery: Masala Toast Bread, Banana Bread Slice
Bread: Milk Bread, Brown Bread & Multigrain Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Rice Idly, Medu Vada & Sambar, Kaara Chutney & Coconut Chutney
Egg & Continental: Banana Pancake with Honey & Boiled Egg
Bakery: Veg Sandwich & Cheese Sandwich
Bread: Milk Bread, Brown Bread & Multigrain Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Masala Dosa with Sambar & Kaara Chutney
Egg: Boiled Egg & Live Egg Station
Continental: Orange Juice & Chocolate Cake
Bread: Milk Bread & Brown Bread
Staples: Cereals, Milk & Fresh Banana

Indian: Aloo Stuffed Paratha with Yogurt
Egg: Live Egg Station
Continental: Fresh Pineapple Juice, Banana Cup Cake & Plain Cup Cake
Bread & Staples: Milk Bread, Brown Bread, Cereals, Milk & Fresh Banana

Morning - Quick Bite

Special Rusk
Fresh Lime Juice

Fresh Cut Fruits

Coconut Cookies
Fresh Lime Juice

Carrot and Cucumber Sticks
Masala Butter Milk

Dil Kush
Fresh Lime Juice

Fresh Cut Fruits

Butter Cookies
Fresh Lime Juice

Lunch

Salad: Thai Cucumber Salad & Green Salad
Main Course: Baked Chicken with Italian Dressing, Potatoes au Gratin & Vegetables Junglee Sandwich in Marble Bread
Rice: Mexican Rice with Red Kidney Beans, Brown Rice & Steamed Rice
Accompaniments: Dal Makhni (Lentil)

Salad: Vegetable Som Tam Salad & Green Salad
Main Course: Veg Masala Wrap, Butter Tossed Vegetables
Rice & Lentils: Peas Pulao, Brown Rice, Steamed Rice & Dal Fry (Lentil)
Dessert: Sabudana Kheer
Accompaniments: Yogurt & Pickle

Salad: Corn Kosambari Salad & Green Salad
Main Course: Kolkata Chicken Biryani, Kolkata Mix Veg Biryani, Brinjal Salan, Pasta with White Sauce, Cheese & Olives
Rice & Lentils: Steamed Rice & Jeera Dal (Lentil)
Indian Bread: Chapathi
Accompaniments: Raita & Pickle

Salad: Apple Avocado Salad with Tangerine Dressing & Green Salad
Main Course: Veg Kathi Roll, Kolkata Egg Roll & Potato Wedges
Rice: Veg Fried Rice, Brown Rice & Plain Rice
Accompaniments: Dal Tadka (Lentil)

Salad: Spanish Salad & Green Salad
Main Course: Chicken Pasta with Red Sauce & Cheese, Vegetable Pasta with Cheese & Olives, Crispy Vegetables
Rice & Lentils: Brown Rice, Steamed Rice & Rajma Masala
South Indian Special: Rasam
Accompaniments: Yogurt & Pickle
Dessert: Blue Berry Cake

Salad: Italian Salad & Green Salad
Egg: Egg Pepper
Main Course: Veg Hakka Noodles, Veg Fried Rice, Gobi Manchurian
Rice & Lentils: Steamed Rice & Methi Dal (Fenugreek Lentil Curry)
Accompaniments: Yogurt & Pickle

Salad: Green Salad
Main Course: Chicken Dum Biryani, Mushroom Biryani, Dalcha
Rice & Lentils: Steamed Rice with Lasooni Dal (Garlic Lentil Curry)
Dessert: Semiya Payasam (Vermicelli Kheer)

Evening - Quick Bite

Mini Pizza
Sweet Lime Juice

Veg Puff
Watermelon Juice

Corn On Cob
Sweet Lime Juice

Grilled Veg Sandwich with Mint Chutney
Water Menon Juice

Masala Puffed Rice
Strawberry Milk Shake

Chana chat
Sweet Lime Juice

Chicken Puff and Paneer Puff
Water Melon Juice

Dinner

Soup: Cream of Palak Soup & Chicken Soup
Indian Breads: Tawa Paratha
Main Course: Pumpkin Moong Masala, Ghee Rice, Punjabi Style Egg Curry
Rice & Lentils: Steamed Rice & Dal Fry
Accompaniments: Milk, Yogurt & Salad
Dessert: Fruit Custard

Main Course: Chilly Chicken Gravy, Chilly Paneer, Veg Fried Noodles, Street Fried Rice
Rice & Lentils: Steamed Rice & Kadai Dal (Spiced Lentil Curry)
Accompaniments: Milk, Yogurt & Salad

Soup: Lemon Coriander Soup & Chicken Soup
Starter: Cheese Garlic Bread
Main Course: Honey Glazed Potatoes, Garlic Butter Rice
Rice & Lentils: Plain Rice & Rajma Masala (Kidney Bean Curry)
Accompaniments: Milk, Yogurt & Salad
Dessert: Cheese cake

Main Course: Chicken Pizza, Veg Pizza, Potato Wedges, Veg Fried Rice
Rice & Lentils: Steamed Rice & Dal Tadka (Tempered Lentils)
Accompaniments: Yogurt, Milk & Salad

Soup: Cream of Sweet Corn Soup & Cream of Chicken Soup
Starter: Thai Style Samosa, Spring Roll
Main Course: Pineapple Fried Rice
Rice & Lentils: Steamed Rice & Green Moong Curry (Lentil)
Accompaniments: Yogurt, Milk & Salad
Dessert: Gulab Jamun

Indian Breads: Tawa Paratha
Main Course: Butter Chicken, Kadai Paneer, Aloo Gobi Dry
Rice & Lentils: Kashmiri Pulao, Plain Rice & Channa Dal Fry
Accompaniments: Yogurt, Milk & Salad

Indian Street Style: Kolkata Egg Roll, Veg Kathi Roll
Side Dish: Hing aur Dhaniya ke Chatpata Aloo (Tangy Potatoes with Asafoetida & Coriander)
Rice & Lentils: Peas Pulao, Steamed Rice & Mix Veg Sambar
Accompaniments: Raita, Milk & Salad
Dessert: Bread Halwa

NOTE:

- MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY
- ALL FOOD PREPARATIONS ARE IN HOUSE AND EXCEPT RAW MATERIALS NOTHING ELSE ARE OUTSOURCED
- FOOD COLOR PRESERVATIVES NOT USED IN ANY PREPARATION

ALLERGY LABEL

- Red – Contains Dairy Products
- Green – Contains Nuts
- Blue – Contains Eggs

