

**Silver Oak International School**  
**Session 2016-2017**  
**LUNCH MENU**

**Dear parents**

**Greetings of the day from Silver Oak International School fraternity !!!!!**

Here is the menu for the months of April & May 2016:

<b>DAYS</b>	<b>MENU</b>
<b>MONDAY</b>	<b>Plain Parantha/Chapati with green vegetable + fruit salad</b>
<b>TUESDAY</b>	<b>Veg Pulao + Sweet dish</b>
<b>WEDNESDAY</b>	<b>Nutrela/Cheese/Green Veg with Chapati + Sweet dish</b>
<b>THURSDAY</b>	<b>Stuffed Paratha (Aloo/Gobi/Methi/Raddish etc.) + Sprouts</b>
<b>FRIDAY</b>	<b>Plain Parantha/Chapati with potato or mixed vegetable + Green Salad</b>
<b>SATURDAY</b>	<b>Kids' Choice (NO JUNK FOOD)</b>

Please note that:

1. Minimum oil should be used.
2. The quantity of the food packed should be sufficient.
3. A napkin and an apron must be brought daily to school.
4. Do not send packed food items like Chips, Chocolates etc. as well as beverages.

**PRINCIPAL**