



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 July & August 2016:

DAYS	MENU
MONDAY	Stuffed Paratha (Aloo/Gobi/Raddish etc.) + Sprouts
TUESDAY	Cheese with Plain Parantha/Chapati + Sweet dish
WEDNESDAY	Black and white chana with Rice/Chapatti + Fruit Salad
THURSDAY	Plain Parantha/Chapati with green vegetable + Green Salad
FRIDAY	Aloo + Puri/ Plain Parantha/Chapati + Sweet dish
SATURDAY	Kids' Choice (NO JUNK FOOD)

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

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