

# MENU FOR RAKSHA SHAKTI SCHOOL

## STUDENTS HOSTEL

- **Break Fast Time: 6:45 A.M. To 7:30 A.M.** (સવાર ના નાસ્તા નો સમય : ૬-૪૫ થી ૭.૩૦)
- **Lunch Time: 1:45 P.M. To 2:30 P.M.** (બપોર ના ભોજન નો સમય: ૧.૪૫ થી ૨.૩૦ )
- **Tea Time 10:45A.M. To 11:00 A.M.** (નાસ્તા નો સમય : ૧૦.૪૫ થી ૧૧. ૦૦ )
- **Dinner: 7:30 P.M. To 8:30 P.M.** (રાત ના ભોજન નો સમય : ૭.૩૦ થી ૮.૩૦)

Day	Break Fast	Lunch	Tea Time	Dinner
Monday	Poha, Milk, Fruit	Roti,Sabji,Daal,Chaval, Chhaas, Salad	Pakoda,Tea	Bajra Roti, Sabji, Daal, Chaval, Butter Milk
Tuesday	Gathiya, Milk	Bajra Roti, Sabji, Chaval, Daal, Chhaas, Salad	Batetavada, Chatni,Tea	Bhakhri, Aloo Sabji, Kadi,Khichadi, Butter Milk
Wednesday	Thepla, Milk, Fruit	Roti Sabji, Chhole ( Chana), Chaval, Chhaas, Salad	Sukhi Bhel, Tea	Bajra Roti, Sabji, Chaval, Daal, Butter Milk
Thursday	Mix Kathod, Milk	Bajra Roti, Sabji, Sambhar Chaval, Chhaas, Salad	Samosa Chatani, Tea	Parontha, Paneer Sabji, Chaval, Daal, Mistan, Butter Milk
Friday	Aloo Parontha, Milk, Fruit	Roti, Sabji, Kadhi, Chaval, Chhaas, Salad	Crunchi Papdi, Tea	Daal bati, Chaval, Chatani, Kanda, Butter Milk
Saturday	Bhakhri, Chatni, Milk	Bajra Roti, Sabji, Daal, Chaval, Chhaas, Salad	Kadak, Tea	Roti, Sabji, Chhole(Chana), Chaval, Butter Milk
Sunday	Thepla, Milk	Puri, Aloo Sabji, Mistan, Daal, Chaval, Chhaas	Singh Daliya, Tea	Roti, Moong Sabji, Vagareli, Khichadi, Butter Milk

**Note :** Menu will be changed time to time according to season as per the direction of Management/Authority

