



SURYA SAINIK SCHOOL

Approved by the Ministry of Defense, India

Gaura, Mohanlalganj, Raibareli Road, Lucknow-UttarPradesh 227305

Website:- www.suryasainikschool.com | Email:- info@suryasainikschool.com

Mobile No:- +91 8601444401, +91 9005092909, +91 900509291

MENU FOR HOSTEL CADETS

Note: - Sunday Breakfast Time:- 8:30 AM, Lunch, Snacks and Dinner time as same.

Day / Time	Early Morning Refreshment 05.30 AM	Breakfast 07:15 AM	Morning Refreshment 10:30 AM	Lunch 01:30 PM	Evening Refreshment 05:00 PM	Dinner 08:30 PM
Monday	Tea + Biscuits	Stuffed Paratha + chatni + Boiled Egg + Milk	Seasonal Fruit	Mix dal + Seasonal Veg. + Rice + Chapati + Salad + Cucumber Raita	Noodles + Tea/ Butter Milk	Arhar Dal + Seasonal Veg + Rice + Chapati + Salad + Suji Halwa
Tuesday	Tea + Biscuits	Poori Sabji + Milk	Seasonal Fruit	Arhar Dal + Rice + Chapati + Salad + Boondi Raita	Sandwich + Tea/ Butter Milk	Kofta + Rice + Chapati + Salad + Sevyiya
Wednesday	Tea + Biscuits	Poha with peanut + Boiled Egg + Milk	Seasonal Fruit	Mix dal + Seasonal veg + Rice + Chapati + Salad + Curd	Bread pakoda + Chatni + Tea/ Butter Milk	Veg Manchurian + Chicken + Rice + Chapati + Salad
Thursday	Tea + Biscuits	Chhole Bhatoore + Boiled Egg + Milk	Seasonal Fruit	Kadhi + Seasonal Veg + Rice + Chapati + Salad	Fried Rice chatni + Tea/ Butter Milk	Arhar dal + Mix veg + Rice + Chapati + Fruit custard + Salad
Friday	Tea + Biscuits	Idli Sambhar/ Paav Bhaji + Boiled Egg + Milk	Seasonal Fruit/	Rajma + Rice + Chapati + Salad + Curd	Pasta + Tea/ Butter Milk	Paneer/ Mashroom + Chicken + Rice + Chapati + Salad +
Saturday	Tea + Biscuits	Paratha + Veg / Anda Bhurji + Boiled Egg + Milk	Seasonal Fruit	Soya Been Curry + Rice + Chapati + Salad + Pineapple Raita	Noodles + Tea/ Butter Milk	Mix Dai + Aloo Matar Veg + Rice + Chapati + Salad + Suji Halwa
Sunday	Tea + Biscuits	Onion Paratha/ Egg Roll + Sauce + Milk	Pasta/ Frankie	Kali masoor dal + Rice + Sabji + Chapati + Salad + Curd	Bun Butter/ Bread roll + Tea/ Butter Milk	Paneer + Mutton + Jeera-Pulao / Rice + Chapati + Salad + Papad + Ice Cream

Note : Modification will be done according to availability of vegetables & other food items.