



# SURYA SAINIK SCHOOL

Approved by the Ministry of Defense, India

Gaura, Mohanlalganj, Raibareli Road, Lucknow-Uttar Pradesh 227305

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## MENU FOR HOSTEL CADETS

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

Day / Time	Early Morning Refreshment 05.15 AM	Breakfast 07:15 AM	Morning Refreshment 10:30 AM	Lunch 01:30 PM	Evening Refreshment 04:45 PM	Dinner 08:30 PM
Monday	Tea + Biscuits	Stuffed Paratha +chatni+Boiled Egg + Milk	Seasonal Fruit	Mix dal + Seasonal Veg. + Rice + Chapati +Salad+ Raita	Noodles +Tea/Butter Milk	Arhar Dal+ Seasonal Veg+ Rice + Chapati + Salad+ Suji Halwa
Tuesday	Tea + Biscuits	Poori Sabji + Milk	Seasonal Fruit	Arhar Dal + Seasonal Veg+. Rice + Chapati + Salad + Raita	Butter 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	Potato Sandwich + Chatni + Tea/ Butter Milk	Veg Manchurian+ Chicken + Rice +Chapati + Salad
Thursday	Tea + Biscuits	Onion Paratha/ Egg Roll + Sauce + 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/Mashro om + Chicken + Rice + Chapati +Salad+
Saturday	Tea + Biscuits	Paratha+ Veg + Boiled Egg + Milk	Seasonal Fruit	Soya Been Curry +Rice + Chapati + Salad+ Pineapple Raita	Fried Rice chatni + Tea/ Butter Milk	Mix Dai + Aloo Matar Veg + Rice + Chapati + Salad+ Suji Halwa
Sunday	Tea + Biscuits	Chhole Bhatoore + Boiled Egg + 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.**