

JSS LUNCH MENU: SEPTEMBER 2017



WEEK 1

	SUNDAY	INGREDIENTS	CALORIES PER 100g	MONDAY	INGREDIENTS	CALORIES PER 100g	TUESDAY	INGREDIENTS	CALORIES PER 100g	WEDNESDAY	INGREDIENTS	CALORIES PER 100g	THURSDAY	INGREDIENTS	CALORIES PER 100g
SALADS	Pineapple And Cucumber Salad	Pineapple, Cucumber, Lettuce, Tomato, Coriander Leaves, Olive Oil, Salt	51Kcal	Salad Foresterie	Tomato, cucumber, lettuce, carrot, olive oil	47kcal	Bean Sprouts And Green Beans Salad	Bean Sprouts, Green Beans, Tomato, Lettuce	47Kcal	Quinoa Salad	Capsicum, Cucumber, Quinoa	120kcal	Garden green Salad	Carrot, Onion, Tomato, Cucumber, Capsicum, Cabbage, Coriander Leaves, Salt, Pepper, Lemon Juice,	49kcal
DAL	Toor Dal with Spinach	Toor Dal, Spinach, Onion, Garlic, Tomato, Turmeric, Coriander, Chili Powder, Salt	76kcal	Moong dal tadka	Moong Dal, Tomato, Onion, Garlic, Ginger, Green Chili, Garam Masala Powder, Cumin, Coriander, Turmeric, Chili Powder, Coriander Leaves, Salt, Lemon Juice and Cumin Seeds	80kcal	Sambar	Red Lentil, Toovar Dal, Potato, Drumsticks, Okra, Tomato, Garlic, Chili, Turmeric Powder, Salt, Cumin Seeds, Onion, Coriander Leaves	71Kcal	Karachi Dal Tadka	Chana Dal, Balck Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Cumin Seeds, Chilli, Salt, Coriander Leaves	80kcal	Rajma Masala	Red Kidney Beans, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Fenugreek Leaves, Coriander	80kcal
VEGETARIAN	Kadai Vegetable	Carrot, Potato, Beans, Peas, Eggplant, Fenugreek Leaves, Onion, Garlic, Ginger, Turmeric Powder, Chili powder, Coriander Leaves, and Green Chili, Oil and Salt	73kcal	Mix Vegetable Kuzhambu	Eggplant, Carrot, Cauliflower, Potato, Drumsticks, Green Peas, Onion, Garlic, Ginger, Turmeric, Cardamom, Cloves, Cinnamon, Garam Masala, Coriander Powder.	62kcal	Navratan Korma	Carrot, Beans, Potato, Cauliflower, Peas, Onion, Chilli, Garlic, Ginger, Yogurt, Garam Masala, Chili Powder, Ghee, Cooking Cream, Coriander Leaves, Mint	80kcal	Aloo Gobi mutter	Eggplant, Potato, Onion, Tomato, Ginger, Peas Garlic, Turmeric Powder, Asafoetida, Garam Masala, Coriander Leaves, Red Chili, Ghee and Salt	94kcal	Vegetable Biryani	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
CARBOHYDRATES	Steamed White Rice	Rice and Salt	130kcal	Jeera Rice	Basmati Rice, Cumin Seeds, Salt, Ghee	140kcal	Steamed White Rice	Rice and Salt	130kcal	Kashmiri Pulao Rice	Basmati Rice, Milk, Safron, Cumin Seeds, Salt and Ghee	140kcal	Steamed White Rice	Basmati Rice, Butter and Salt	130kcal
DESSERT	Pineapple Halwa	Pineapple, Semolina, sugar, ghee, Milk, Cardamom.	230kcal	Banana Cake	Banana, Sugar, Egg, Flour, Baking Soda, Oil, Milk	300kcal	Fruit Trifle	Milk, Sugar, Custard Powder, Jelly, Flour, Baking Powder, Egg, Vanilla Essence, Fruit	131kcal	Kesari Kheer	Milk, Sugar, Vermicelli, Orange Essence	76kcal	Mango Mousse	Milk, Whipping Cream, Sugar, Mango Essence.	220kcal

Nut Free Food.

Low Fat Dairy products Are used in the food preparation.

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SALADS	Quinoa Salad	Quinoa, Capsicum, Cucumber.	120kcal	Tabbouleh With Bulgur Wheat	Parsley, Bulgur Wheat, Cucumber, Celery, Tomato, Green Onions, Mint, Garlic, Lemon Juice, Olive Oil, Pepper, Salt.	95kcal	Beetroot and orange Salad	Beetroot, Orange, Feta Cheese	92Kcal	Tropical Indian Salad	Pineapple, Apple, Cucumber, Tomato, Capsicum, Oranges, Salt	37kcal	Thai Papaya Salad	Green Papaya, garlic, Chinese long beans, green Thai paste, cabbage, lettuce, palm sugar, fish sauce, lime juice, salt, pepper.	55kcal
DAL	Panchmel Dal	Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	Dal Amritsari	Black Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	Sambar	Red Lentil, Toovar Dal, Potato, Drumsticks, Okra, Tomato, Garlic, Chilli, Turmeric Powder, Salt, Cumin Seeds, Onion, Coriander Leaves	71Kcal	Arhar Dal	Toor Dal, Onion, Garlic, Tomato, Turmeric, Coriander, Chilli Powder, Salt, Cumin Seeds, Red Chilli, Coriander Leaves	80kcal	Sprouted Moong Curry	Moong Beans, Mustard Seeds, Fenugreek Seeds, Coriander, Chilli, Coconut Powder, Asfoetida, Onion, Tomato, Curry Leaves,	80kcal
VEGETARIAN	Aloo Matar Masala	Potato, Green Peas, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chilli, Salt, Coriander Leaves, Fennel Seeds	94kcal	Mix Vegetable Kuzhambu	Eggplant, Carrot, Cauliflower, Potato, Drumsticks, Green Peas, Onion, Garlic, Ginger, Turmeric, Cardoman, Cloves, Cinamon, Garam Masala, Coriander Powder,	62kcal	Vegetable Paneer Makhni	Paneer, Carrot, Green Peas, Capsicum, Onion, Tomato, Ginger, Cumin, Pepper, Low fat cream, Red Chilli, Vinegar, Sugar, Salt, Coriander Leaves	89kcal	Gobi Masala	Cauliflower, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chilli, Coriander, Cumin, Salt, Coriander Leaves, Cumin Seeds, Fennel Seeds	52kcal	Dum Veg Biryani	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
CARBOHYDRATES	Steamed White Rice	Basmati Rice and Salt	130kcal	Green Peas Rice	Basmati Rice, Green Peas, Oil, Salt.	128kcal	Steamed White Rice	Rice and Salt	130kcal	Spinach And Tomato Rice	Basmati Rice, Onion, Garlic, Ginger, Cinnamon Sticks, Cardamom, Bayleaves, Spinach, Tomato, Oil, Salt.	135kcal	Steamed White Rice	Rice and Salt.	130kcal
DESSERT	Strawberry Sheera	Strawberry/strawberry essence, semolina, milk, sugar, cardamom.	129kcal	Fruit Custard	Milk, Sugar, Custard Powder, Fruit Cocktail	89kcal	Bread Butter Pudding	Bread, Egg, Sugar, Cooking Cream, Vanilla Essence, Butter	220kcal	Creme Caramel	Milk, Egg, Sugar, Vanilla Essence	120kcal	Mohanthal	Besan, Sugar, Ghee, Milk, Cardamom, Nutmeg.	263kcal

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WEEK 3

	SUNDAY	INGREDIENTS	CALORIES PER 100g	MONDAY	INGREDIENTS	CALORIES PER 100g	TUESDAY	INGREDIENTS	CALORIES PER 100g	WEDNESDAY	INGREDIENTS	CALORIES PER 100g	THURSDAY	INGREDIENTS	CALORIES PER 100g
SALADS	Orchard Salad	Lettuce, Tomato, Apple, Capsicum, Orange	47kcal	Tabbouleh With Bulgur Wheat	Parsley, Bulgur Wheat, Cucumber, Celery, Tomato, Green Onions, Mint, Garlic, Lemon Juice, Olive Oil, Pepper, Salt.	95Kcal	Quinoa Salad With Feta And Strawberry	Quinoa, Capsicum, Feta Cheese, Cucumber, Strawberry	132Kcal	Kidney Bean Salad With Mint Yogurt	Kidney Beans, Assorted Bell Pepper, Sweet Corn, Celery, Lemon Juice, Yogurt, Mint, Coriander, Tomato, Salt.	60kcal	Quinoa Salad	Quinoa, Capsicum, Cucumber.	120Kcal
DAL	Masoor Dal Nayab	Black Lentil, Tamarind, Turmeric, Coriander Powder, Cumin Powder, Mustard Seed, Fenugreek Leaves, Salt, Oil and Black Pepper	80kcal	Dhaba Dal	Chana Dal, Toor Dal, Onion, Tomato, Garlic, Ginger, Turmeric, Coriander, Cumin, Chili Powder, Green Chili, Garam Masala, Asafoetida, Cumin Seeds and Salt	80kcal	Sambar	Red Lentil, Toovar Dal, Potato, Drumsticks, Okra, Tomato, Garlic, Chili, Turmeric Powder, Salt, Cumin Seeds, Onion, Coriander Leaves	71Kcal	Toor Dal With Spinach	Toor Dal, Spinach, Onion, Garlic, Tomato, Turmeric, Coriander, Chili Powder, Salt, Cumin Seeds, Red Chili, Coriander Leaves	76kcal	Chana Masala	Chickpeas, Onion, Tomato, Ginger, Garlic, Turmeric Powder, Asafoetida, Garam Masala, Fenugreek Leaves, Coriander Leaves, Red	80 kcal
VEGETARIAN	Vegetable Kadai	Assorted Vegetables, Onion, Tomato, Ginger, Garlic, Garam Masala, Bay Leaves, Red Chillies, Coriander Seeds, Fresh Coriander Leaves, Oil, Salt.	73kcal	Aloo Capsicum Do Pyaza	Capsicum, Potato, Onion, Garlic, Ginger, Tomato Paste, Ketchup, Chili Powder, Cumin Seeds, Salt, Oil	94kcal	Mutter Paneer	Paneer, Peas, Cumin Seeds, Turmeric Powder, Chili Powder, Garam Masala, Low Fat Cream, Sugar, Oil, Coriander Leaves, Salt, Tomato, Onion, Green Chili, Ginger, Garlic, Cinnamon, Coriander Seeds	81kcal	Bagara Baingan	Eggplant, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Cumin Powder, Coriander Powder, Salt, Chili Powder, Coriander Leaves	42kcal	Hydrabadi Veg Biryani	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
CARBOHYDRATES	Steamed White Rice	Rice and Salt	130kcal	Peas Rice	Basmati Rice, Green Peas, Butter, Salt.	128kcal	Steamed White Rice	Rice and Salt	130kcal	Carrot Rice	Onion, Garlic, Ginger, Carrot, Coriander Leaves, Basmati Rice, Ghee, Salt	175kcal	Steamed White Rice	Rice and Salt.	130kcal
DESSERT	Phirni	Rice, milk, sugar	92kcal	Fruit Custard	Fruit Cocktail, Milk, Sugar, Custard Powder	89kcal	Orange Mousse	Milk, Whipping Cream, Sugar, Corn Flour, Orange Essence	220kcal	Rice kheer	Rice, sugar, milk	92kcal	Pudding	Bread, Egg, Sugar, Cooking Cream, Vanilla Essence, Butter	220kcal

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WEEK 4

	SUNDAY	INGREDIENTS	CALORIES PER 100g	MONDAY	INGREDIENTS	CALORIES PER 100g	TUESDAY	INGREDIENTS	CALORIES PER 100g	WEDNESDAY	INGREDIENTS	CALORIES PER 100g	THURSDAY	INGREDIENTS	CALORIES PER 100g
SALAD	Peach Lettuce And Cucumber Salad	Lettuce, Peach Slices, Cucumber, Orange, Salt And Pepper	41kcal	Carrot, Cucumber And Rajma Salad	Carrot, Cucumber, Rajma, Lettuce,	22Kcal	Black Eyed Peas With Lemon And Ginger	Black Eyed Peas, Capsicum, Tomato, Lemon Juice, Ginger, Lettuce, Salt	80Kcal	Quinoa Salad	Quinoa, Capsicum, Cucumber.	120kcal	Thai Papaya salad	Green Papaya, garlic, Chinese long beans, green Thai paste, cabbage, lettuce, Jaggery, fish sauce, lime juice, salt, pepper.	55kcal
DAL	Methi Dal	Toor Dal, Onion, Garlic, Turmeric Powder, Green Chili, Cumin Seeds , Fenugreek Leaves, Asafoetida, Chili Powder, Salt	80kcal	Khatti Dal	Toor Dal, Tomato, Onion, Garlic, Ginger, Turmeric Powder, Tamarind, Coriander, Chili, Cumin Powder, Red Chili, Curry Leaves, Cumin Seeds, Asafoetida and Salt	80kcal	Sambar	Red Lentil, Toovar Dal, Potato, Drumsticks, Okra, Tomato, Garlic, Chili, Turmeric Powder, Salt, Cumin Seeds, Onion, Coriander Leaves	71Kcal	Panchmel Dal	Lentil, Peeled Tomato, Turmeric, Coriander, Cumin, Chilli, Salt, Coriander Leaves	80kcal	Blackeyed Peas Masala	Blackeyed peas, Onion, Tomato, Garlic, Ginger, Turmeric, Coriander, Cumin, Chili Powder, Green Chili, Garam Masala, Asafoetida, Cumin	83kcal
VEGETARIAN	Aloo Jeera	Potato, Cumin Seeds, Coriander Leaves, Chili, Turmeric Powder, Chili Powder, Lemon Juice, Oil, Rock Salt	109kcal	Meloni Subzi	Cauliflower, Onion, Beans, Carrot, Capsicum, Tomato, Spinach, Fenugreek, Cumin, Coriander, Salt, Cream, Grated Cheese	80kcal	■	Carrot, Beans, Potato, Cauliflower, Peas, Urad Dal, Onion, Chili, Garlic, Ginger, Garam Masala Powder, Chili Seeds, Curry Leaves, Coriander Leaves, Mint Leaves And Salt	62kcal	Aloo Bhindi	Potato, Okra, Onion, Garlic, Ginger, Peeled Tomato, Garam Masala, Chili, Coriander, Cumin, Salt, Coriander Leaves, Cumin Seeds, Fennel Seeds	94kcal	Dum Vegetable Biryani	Basmati Rice, Assorted Vegetables, Tomato Sauce, Spices, Herbs, Ghee And Salt.	105kcal
CARBOHYDRATES	Steamed White Rice	Rice and Salt	130kcal	Spinach Rice	Basmati Rice, spinach Onion, Garlic, Ginger, Ghee, Turmeric Powder, Salt	135kcal	Steamed White Rice	Rice and Salt	130kcal	Steamed White Rice	Rice and Salt	130kcal	Steamed White Rice	Rice and Salt.	130kcal
DESSERT	Gajar Halwa	Carrot, Ghee, Milk, sugar	81kcal	Fruit Custard	Milk, Sugar, Custard Powder, Fruit Cocktail	89kcal	Dhoodhi Halwa	Bottle guard, milk, sugar, cardamom	82kcal	Strawberry Sheera	Strawberry/Strawberry essence, milk, semolina, sugar, oil, cardamom.	129kcal	Shahi tukda	Bread, milk, sugar, ghee, Cardamom.	170kcal approx.

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