

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.



WEEK 2

| | 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 | 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 |

Nut Free Food.

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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. |

Nut Free Food.

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