

 GD GOENKA SCHOOL Thrive. For Life. (Under The Aegis of GD Goenka Group) Dehradun Uttarakhand			
Mess Menu w.e.f 16th November 2025 to 30th November 2025			
DAY	BREAKFAST	LUNCH	SNACKS
MONDAY	ALOO STUFFED PARATHA	YELLOW DAL TADKA	SEASONAL FRUITS
	PLAIN CURD, BUTTER	MATAR PANEER	
	GREEN CHUTNEY	STEAM RICE	
	VEGETABLE UPMA	TAWA CHAPATI	
	TOMATO SOUP	GREEN SALAD	
		DESSERT- VERMICELLI KHEER	
TUESDAY	PASTA PENNE WITH VEGGIES	RAJMA CURRY	SEASONAL FRUITS
	VEGETABLE DALIA	JEERA ALOO	
	BOURNVITA MILK	STEAM RICE	
		TAWA CHAPATI	
		GREEN SALAD, BOONDI RAITA	
		DESSERT- RAWA KESHRI HALWA	
WEDNESDAY	MASALA UTTAPAM	PINDI CHOLE	SEASONAL FRUITS
	VEGETABLE POHA	ALOO GOBHI MASALA	
	COCONUT CHUTNEY	STEAM RICE	
	MANCHOW SOUP	TAWA CHAPATI	
		GREEN SALAD, VEGETABLE RAITA	
		DESSERT- GULAB JAMUN	
THURSDAY	MATAR KULCHE	DAL MAKHANI	SEASONAL FRUITS
	SAUTE VEGETABLE	CARROT MATAR	
	LEMON CORIANDER SOUP	STEAM RICE	
		TAWA CHAPATI	
		GREEN SALAD	
		DESSERT- RICE KHEER	
FRIDAY	POTATO SANDWICH	DAL PANCHRATAN	SEASONAL FRUITS
	VEGETABLE VERMICELLI	KHUMB MATAR	
	TOMATO KETCHUP	STEAM RICE	
	HOT CHOCOLATE MILK	TAWA CHAHPATI	
		GREEN SALAD, VEGETABLE RAITA	
		DESSERT- MOONG DAL HALWA	
SATURDAY	BLACK CHANA CURRY	HALF DAY	SEASONAL FRUITS & SNACKS
	METHI KI POORI		
	LEMON RICE		
	LENTIL SOUP		
SUNDAY		HOLIDAY	



Mess Captain



Catering Incharge


Principal
12/11/25