


GD GOENKA PUBLIC SCHOOL, DEHRADUN			
Mess Menu w.e.f 16th September 2025 to 30th september 2025			
DAY	BREAKFAST	LUNCH	SNACKS
MONDAY	ALOO STUFFED PARATHA	YELLOW DAL TADKA	SEASONAL FRUITS
	PLAIN CURD, PUDINE KI CHUTNEY	PANEER KORMA	
	BUTTER	STEAM RICE	
	MASALA JALJEERA	TAWA CHAPATI	
	SPROUTS WITH VEGGIES	GREEN SALAD	
		DESSERT- RICE KHEER	
TUESDAY	VEGETABLE PENNE PASTA	PUNJABI KADI	SEASONAL FRUITS
	VEGETABLE CORN RICE	MATAR MUSHROOM	
	BOURNVITA MILK	STEAM RICE	
		TAWA CHAPATI	
		GREEN SALAD	
		DESSERT- RAVA KESHRI HALWA	
WEDNESDAY	BESAN CHILA	RAJMA CURRY	SEASONAL FRUITS
	PUDINE KI CHUTNEY	LAUKI TOMATO MASALA	
	VEGETABLE POHA	STEAM RICE	
	MASALA LEMONADE	TAWA CHAPATI	
		GREEN SALAD, BOONDI RAITA	
		DESSERT- GULAB JAMUN	
THURSDAY	MATAR KULCHA	MIX DAL TADKA	SEASONAL FRUITS
	VEGETABLE UPMA	SOYA CHAAP CURRY	
	MASALA CHAAS	STEAM RICE	
		TAWA CHAPATI	
		GREEN SALAD	
		DESSERT- FRUIT CUSTARD	
FRIDAY	POTATO SANDWICH	DAL BUKHARA	SEASONAL FRUITS
	VEGETABLE VERMICELLI	MIX VEGETABLE	
	HOT CHOCOLATE MILK	STEAM RICE	
		TAWA CHAPATI	
		MIX VEGETABLE RAITA	
		DESSERT- BESAN KA HALWA	
SATURDAY	BLACK CHANA CURRY	HALF DAY	SEASONAL FRUITS & SNACKS
	METHI KI POORI		
	RICE KANJI		
	SHIKNJI		
SUNDAY		HOLIDAY	

  
Mess Captain

  
Catering Incharge

  
Principal