



STONEHILL
INTERNATIONAL SCHOOL
An Embassy Group Education Initiative

STONEHILL INTERNATIONAL SCHOOL CAFETERIA MENU FOR JANUARY

CONTINENTAL MENU				
7 Jan (Monday)	8 Jan (Tuesday)	9 Jan (Wednesday)	10 Jan (Thursday)	11 Jan (Friday)
Spaghetti Bolognese, Tomato Sauce, Mushroom Cream Sauce, Cheese Sauce & Garlic Bread	Grilled Chicken, Vegetable Quiche, Grilled Vegetables, Rice & Soup	Fish Fingers, Corn on the Cob, Vegetarian Moussaka, Steamed Mixed Vegetables, Rice & Soup	Chicken Tikka, Paneer Tikka, Sausage Rice, Stuffed Capsicum & Grilled Vegetables	Beef, Chicken or Vegetable Burgers & French Fries
14 Jan (Monday)	15 Jan (Tuesday)	16 Jan (Wednesday)	17 Jan (Thursday)	18 Jan (Friday)
Makar Sankranti Holiday	Steak, Stir Fried Chicken, Vegetarian Cannelloni, Gratin Dauphinoise, Grilled Vegetables, & Soup	Chicken & Vegetable Lasagna, Garlic Bread, Chicken Wings & Steamed Vegetables	Chicken Escalope, Egg Fried Rice, Mixed Vegetables Manchurian & Steamed Vegetables	Chicken or Vegetarian Hot Dogs, French Fries & Steamed Mixed Vegetables
21 Jan (Monday)	22 Jan (Tuesday)	23 Jan (Wednesday)	24 Jan (Thursday)	25 Jan (Friday)
Meat Balls, Baked Vegetable, Vegetable Ratatouille, Mashed Potatoes, Grilled Vegetables	Shoyu Chicken, Vegetarian Cutlet, Vegetable Burritos, Grilled Vegetables, Rice & Soup	Bulgogi, Noodles, Heoni-Beoteo-Chicken, Bok Choy with Soybean Sauce & Steamed Vegetables	BBQ Chicken, Vegetable Kebab, Roasted Potatoes & Grilled Vegetables	Pizza - Assorted
28 Jan (Monday)	29 Jan (Tuesday)	30 Jan (Wednesday)	31 Jan (Thursday)	1 Feb (Friday)
Pasta Bolognese, Tomato Sauce, Mushroom Cream Sauce, Cheese Sauce & Garlic Bread	Gajami Yangnyeom - Twigim Corn Cheese, Steamed Vegetables & Bokkeumbap	Beef, Chicken and Vegetarian Stroganoff, Mashed Potatoes & Grilled Vegetables	Braised Chicken and Tofu, Baked Pasta, Steamed Vegetables & Rice	Beef, Chicken or Vegetable Burgers & French Fries
Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.				



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INDIAN MENU

7 Jan (Monday)	8 Jan (Tuesday)	9 Jan (Wednesday)	10 Jan (Thursday)	11 Jan (Friday)
Chana Masala with Poori, Okra Masala, Rice & Rasam	Egg Bhurji, Paneer Bhurji, Bun, Dal & Rice	Brinjal Poricha Kuzhambu, Cauliflower Thayir Kurma & Rice	Tomato Rice with Raita, Cabbage Poriyal, Sambar & Rice	Chicken and Vegetarian Biryani with Raita
14 Jan (Monday)	15 Jan (Tuesday)	16 Jan (Wednesday)	17 Jan (Thursday)	18 Jan (Friday)
Makar Sankranti Holdiay	Chilly Paneer and Baby Corn, Fried Rice, Dal Tadka & Rice	Egg Masala, Mushroom Mutter Masala, Dal & Rice	Pav Bhaji, Lauki Dal & Rice	Fish Curry, Avarekai Saru, Rice & Rasam
21 Jan (Monday)	22 Jan (Tuesday)	23 Jan (Wednesday)	24 Jan (Thursday)	25 Jan (Friday)
Bisi Bele Bhath, Khara Boondi, Mixed Vegetables Poriyal Sambar & Rice	Egg Curry, Butter Paneer, Dal fry & Rice	Chana Masala with Poori, Vegetable Do Pyaza, Rice & Rasam	Dry Mixed Vegetables, Dal Palak, Rice & Bonda	Chicken Curry, Paneer Mutter Masala, Mixed Dal & Rice
28 Jan (Monday)	29 Jan (Tuesday)	30 Jan (Wednesday)	31 Jan (Thursday)	1 Feb (Friday)
Vangi Bhath with Raita, Dry Sautéd Potato, Sambar, Papad & Rice	Tindli Bry, Rajma Masala, Rice & Bajji	Chilly Fish, Chilly Vegetables, Fried Rice, Dal & Rice	Kashmiri Pulao with raita, Bhindi Aloo, Dal Fry & Rice	Chicken and Vegetarian Biryani with Raita
Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.				



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BOARDING MENU

Date	Breakfast	Afternoon tea	Dinner
Mon 7 Jan	French Toast, Poor & Bhaji, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Paneer Tikka roll	Chicken and Vegetarian Shashlik, Quiche, Potato Wedges & Brownie
Tue 8 Jan	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Sausage and Vegetable Roll & Vegetarian Sticks	Chicken and Vegetarian Momos, Chilly Chicken, Chilly Paneer, Fried Rice & Cake
Wed 9 Jan	Waffles, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Corn Cheese Ball	Chicken Curry, Mushroom Mutter, Chapatti, Chilly Fish, Chilly Vegetables, Grilled Vegetables & Cake
Thu 10 Jan	Chickpeas with Bhatura, Smoked Sausage, Potato Hash Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken and Vegetarian Shells	Vegetarian & Non-Vegetarian BBQ & Ice-Cream
Fri 11 Jan	Grilled Sandwiches, Crispy Sausage, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Paneer Tikka Roll	Chicken Tacos, Vegetarian Tacos, Vegetarian Wrap, Non-Vegetarian Wrap & Gulab Jamun
Sat 12 Jan	Sausage & Broccoli Bars, Poori & Bhaji, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Nuggets	Chicken and Mutter Paneer Masala, Chapatti, Stir Fried Vegetable, Stir Fried Chicken, Rice & Éclairs
Sun13 Jan	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Potato Bites	Chicken Chop-Suey, Vegetarian Chop-Suey, Chicken Schezwan Sauce, Paneer in Schezwan Sauce & Chocolate Mousse
Mon 14 Jan	Paratha, French Toast, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Vegetarian & Non-Vegetarian Spring Rolls	Chicken and Bacon Melt, Chicken Roll, Vegetarian Roll & Brownie
Tue 15 Jan	Waffles, Sausage, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chocolate Cookies	Chilly Paneer, Chilly Chicken, Haka Noodles, Steamed Vegetables, Soup & Ice-cream
Wed 16 Jan	Grilled Ham Sandwich, Grilled Vegetarian Sandwich, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken and Vegetarian Shells	Chicken Marsala, Vegetarian Marsala, Chicken Enchiladas, Vegetarian Enchiladas, Soup & Cake
Thu 17 Jan	Masala Dosa, Bread Rolls, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Potato Smiley	Vegetarian & Non-Vegetarian BBQ & Ice-Cream



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Fri 18 Jan	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Sausage & Cheese Rolls	Chicken & Vegetarian Biryani with Raita, Lamb Chops, Paneer Tikka Masala & Chocolate Éclairs
Sat 19 Jan	Club sandwich, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Paneer Tikka Roll	Chicken Tacos, Vegetarian Tacos Vegetarian Wrap, Non-Vegetarian Wrap & Brownie
Sun 20 Jan	Chickpeas with Bhatura, Smoked Sausage, Potato Hash, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Egg Puff	Vegetarian & Non-Vegetarian Lasagna, Ravioli, Garlic Bread, Grilled Vegetables & Chocolate Cake
Mon 21 Jan	Waffles, Sausage, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chocolate Doughnut	Steak, Chicken Kabab, Burritos, Roasted Potato, Sautés Vegetable & Éclairs
Tue 22 Jan	Aloo Paratha, French Toast, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Croissant	Spaghetti Carbonara, Baked Pasta, Stir Fried Chicken, Grilled Vegetables & Brownie
Wed 23 Jan	Poori, Chana, Oats, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Nuggets	Chicken Masala, Mutter Paneer, Kulcha, Chicken Lollypop, Vegetarian Lollypop, Rice & Dal
Thu 24 Jan	Grilled Sandwich, Hash Brown, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken and Veg Puff	Vegetarian & Non-Vegetarian BBQ & Ice-Cream
Fri 25 Jan	Masala Dosa, Bread Roll, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Corn Cheese Roll	Chicken Curry, Mushroom Mutter, Chapatti, Chilly Fish, Chilly Vegetables, Grilled Vegetables & Cake
Sat 26 Jan	Club Sandwich, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Cookies	Grilled Chicken, Gratin Dauphinoise, Grilled Vegetables, Soup & Gulab Jamun
Sun 27 Jan	Chickpeas with Bhatura, Smoked Sausage, Potato Hash, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Danish Pastry	Chicken & Vegetarians Biryani with Raita, Lamb Chop, Paneer Tikka Masala & Rasgulla
Mon 28 Jan	Waffles, Grilled Ham, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chicken and Vegetarian Shells	Vegetarian & Chicken Lasagna, Chicken Wings, Paneer in Garlic Sauce & Cake
Tue 29 Jan	Club Sandwich, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Paneer Tikka roll	Chicken Tacos, Vegetarian Tacos Vegetarian Wrap, Non-Vegetarian Wrap & Brownie
Wed 30 Jan	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chocolate Doughnut	Crispy Fried Vegetables, Crispy Fried Prawns, Butter Chicken, Butter Paneer, Roomali Roti & Rasgulla,
Thu 31 Jan	Masala Dosa, Bread Rolls, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Croissant	Vegetarian & Non-vegetarian BBQ & Ice-Cream



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AUSTRALIAN
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