



**STONEHILL**  
INTERNATIONAL SCHOOL  
An Embassy Group Education Initiative

## STONEHILL INTERNATIONAL SCHOOL CAFETERIA MENU FOR MARCH

CONTINENTAL MENU				
<b>4 March (Monday)</b>	<b>5 March (Tuesday)</b>	<b>6 March (Wednesday)</b>	<b>7 March (Thursday)</b>	<b>8 March (Friday)</b>
Pasta Bolognese, Tomato Sauce, Mushroom Cream Sauce, Cheese Sauce & Garlic Bread	Crispy Fried Chicken, Crispy Fried Vegetables, Baked Cauliflower, Steamed Vegetables & Soup	Roasted Chicken Roast Potatoes, Burritos, Moussaka & Grilled Vegetables	Beef Bulgogi, Noodles, Heoni-Beoteo- Chicken, Bok Choy with Garlic Sauce & Steamed Vegetables	Pizza - Assorted
<b>11 March (Monday)</b>	<b>12 March (Tuesday)</b>	<b>13 March (Wednesday)</b>	<b>14 March (Thursday)</b>	<b>15 March (Friday)</b>
Swiss Steak, Baked Vegetable, Vegetable Ratatouille Mashed Potatoes & Grilled Vegetables	Chicken Escalope, Egg Fried Rice, Mixed Vegetable Manchurian & Steamed Vegetables	Chicken Lasagna, Vegetable Lasagna, Garlic Bread, Chicken Wings & Steamed Vegetables	Sweet & Sour Chicken, Sweet & Sour Mixed Vegetables, Noodles, Stir Fried Tofu, Grilled Vegetables & Soup	Chicken or Vegetarian Hot Dogs, French Fries & Steamed Vegetables
<b>18 March (Monday)</b>	<b>19 March (Tuesday)</b>	<b>20 March (Wednesday)</b>	<b>21 March (Thursday)</b>	<b>22 March (Friday)</b>
Spaghetti Bolognese, Tomato Sauce, Mushroom Cream Sauce, Cheese Sauce & Garlic Bread	Beef Steak, Stir Fried Chicken, Vegetarian Cannelloni, Grilled Vegetables & Soup	Pesto Chicken, Gratin Dauphinoise, Vegetarian and Non-Vegetarian Rillettes, Quiche & Grilled Vegetables	Chicken Teriyaki, Vegetable Teriyaki, Hakka Noodles & Steamed Vegetables	Beef, Chicken or Vegetable Burgers & French Fries
<b>25 March (Monday)</b>	<b>26 March (Tuesday)</b>	<b>27 March (Wednesday)</b>	<b>28 March (Thursday)</b>	<b>29 March (Friday)</b>
Meatballs Baked Vegetable, Vegetarian Quesadilla, Mashed Potatoes & Grilled Vegetables	Shoyu Chicken, Vegetable Cutlet, Vegetable Burritos, Grilled Vegetables Rice & Soup	Roast Beef, Roast Chicken, Roasted Potatoes, Vegetable Rollatini & Steamed Vegetables	Stir Fried Chicken, Stir Fried Vegetables, Corn on the Cob, Grilled Vegetables & Soup	Pizza - Assorted
<p><b>Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.</b></p>				



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### INDIAN MENU

<b>4 March (Monday)</b>	<b>5 March (Tuesday)</b>	<b>6 March (Wednesday)</b>	<b>7 March (Thursday)</b>	<b>8 March (Friday)</b>
Tomato Rice with Chutney, Dal Vada, Dal Palak & Rice	Egg Masala, Paneer Makhanwala, Triveni Dal & Rice	Chana Masala, Poori, Vegetable Jalfrezi, Rasam & Rice	Thondekai Chana Palya, Vegetable Sambar & Rice	Fish Curry, Brinjal Curry, Cabbage Poriyal & Rice
<b>11 March (Monday)</b>	<b>12 March (Tuesday)</b>	<b>13 March (Wednesday)</b>	<b>14 March (Thursday)</b>	<b>15 March (Friday)</b>
Poricha Kazhambu, Khara Pongal, Cabbage Mutter & Rice	Egg Masala, Mushroom Mutter Masala, Dal & Rice	Veg Pulao, Raita, Bhindi Masala, Soppu Saaru & Rice	Jeera Aloo, Poori, Dal Dhokli & Rice	Mutton Biryani, Vegetarian Biryani & Raita
<b>18 March (Monday)</b>	<b>19 March (Tuesday)</b>	<b>20 March (Wednesday)</b>	<b>21 March (Thursday)</b>	<b>22 March (Friday)</b>
Bisi Bele Bath, Khara Boondi, Mixed Vegetable Poriyal, Sambar & Rice	Chana Masala, Poori, Methi Aloo, Rasam & Rice	Crispy Fried Mixed Vegetables with Fish, Mushroom Rice, Mixed Dal & Rice	Egg Burji, Paneer Burji, Bun, Dal a& Rice	Chicken Curry, Mutter Paneer, Dal & Rice
<b>25 March (Monday)</b>	<b>26 March (Tuesday)</b>	<b>27 March (Wednesday)</b>	<b>28 March (Thursday)</b>	<b>29 March (Friday)</b>
Lemon Rice with Chutney, Beetroot Palya, Sambar & Rice	Egg Curry, Butter Paneer, Soppu Saaru & Rice	Gobi Aloo, Rajma Masala, Curd Rice, Rice & Rasam	Tomato Rice with Chutney, Mixed Vegetables, Dal & Rice	Chicken Biryani, Vegetarian Biryani & Raita

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### BOARDING MENU

Date	Breakfast	Afternoon tea	Dinner
Mon 4 March	Idly Sambar, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Croissant	Chicken Kofta, Vegetable Kofta, Grilled Chicken, Chapatti, Dal Makhni & Cake
Tue 5 March	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Samosa & Vegetable Samosa	Chicken Teriyaki, Vegetable Teriyaki, Vegetarian & Non-Vegetarian Sushi, Yakisoba & Cheese Cake
Wed 6 March	Chole Bhatura, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Cup Cake	Fish Fingers, Vegetable Momos, Chicken Momos, Baked Cauliflower, Grilled Vegetables & Bavarian Cake
Thu 7 March	Paratha, Oats, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Nuggets	Vegetarian & Non-Vegetarian BBQ & Ice-Cream
Fri 8 March	Maggie, Poori with Vegetables, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Assorted Cookies	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Ice Cream
Sat 9 March	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Danish Pastry	Kadai Chicken, Kadai Paneer & Mushroom, Dal Makhni, Chapatti, Rice & Cake
Sun 10 March	Grilled Cheese Sandwich, Dosa with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Potato Bites	Beef Steak, Chicken Manchurian, Vegetable Manchurian, Fried Rice, Grilled Vegetables & Chocolate Mousse
Mon 11 March	Waffles, Sausage, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Vegetarian & Non-Vegetarian Spring Rolls	Grilled Chicken, Gratin Dauphinoise, Grilled Vegetables, Corn on the Cob & Gulab Jamun
Tue 12 March	Upma, Uttapam, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Cookies	Chicken Ravioli, Vegetable Ravioli, Baked Pasta, Garlic Bread & Ice Cream
Wed 13 March	Chickpeas with Bhatura, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken & Vegetable Samosa	Hakka Noodles, Chicken in Lime Sauce, Paneer & Mushroom in Lime Sauce, Steamed Vegetables & Muffin



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Thu 14 March	Spanish Omelet, Baked Beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Chicken Tacos, Vegetable Tacos, Quesadilla, Steamed Vegetables & Cake
Fri 15 March	Waffles, Sausage, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Sausage Rolls & Cheese Rolls	Spaghetti Carbonara, Baked Pasta, Stir Fried Chicken, Grilled Vegetables & Brownie
Sat 16 March	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Samosa	Roasted Beef, Chicken Stew, Vegetable Stew, Mashed Potatoes, Grilled Vegetables, Soup & Cake
Sun 17 March	Grilled Ham Sandwich, Bread Pakoda, Choice of Eggs, Bread, Juice, Milk & Corn Flakes	Paneer & Cauliflower Pakoda	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Lemon Tart
Mon 18 March	Uthappam, Upma with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Vegetarian & Non-Vegetarian BBQ & Ice Cream
Tue 19 March	French Toast, Poori Bhaji, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Croissant	Assorted Pizza, Vegetable Paella, Grilled Vegetables & Muffin
Wed 20 March	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Danish Pastry	Chicken Cordon Bleu Roll, Beef Bourguignon, Vegetable Bourguignon, French Fries & Ice Cream
Thu 21 March	Grilled Sandwich, Hash Brown, Choice of Eggs, Bread, Juice, Milk, Corn Flakes	Egg Puff	Butter Chicken, Shahi Paneer, Crispy Fried Prawns, Chapatti, Rice & Custard Jelly
Fri 22 March	Masala Dosa, Sausage, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Cookies	Crispy Fried Chicken, Crispy Fried Vegetables, Methi Mutter Malai, Rajma Masala, Paratha & Cake
Sat 23 March	Aloo Paratha, Bread Pakoda, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chocolate Croissant	Tandoori Chicken, Paneer & Baby Corn Tikka Masala, Dal, Rice & Ice Cream
Sun 24 March	Poori, Chana Masala, Oats, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chicken and Vegetable Puffs	Chicken Tacos, Vegetables Tacos, Quesadilla, Steamed Vegetables & Cake
Mon 25 March	Club Sandwich, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Muffin	Vegetarian & Non-Vegetarian Lasagna, Chicken Escalope, Tofu Escalope, Garlic Bread, Grilled Vegetables & Chocolate Cake
Tue 26 March	Paratha, Sausage, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Churros	Vegetarian & Non-Vegetarian BBQ & Ice Cream
Wed 27 March	Chickpeas with Bhatura,	Vegetarian & Non-Vegetarian Spring Rolls	Chicken Kebab, Vegetable Kebab, Ghee Rice, Burritos, Steamed Vegetables &



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	Baked beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits		Cake
Thu 28 March	Waffles, Sausage, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Bread Pakoda,	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Chocolate Éclairs
Fri 29 March	Idly, Sambar, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Tandoori Chicken, Paneer & Baby Corn Tikka Masala, Dal Rice & Ice Cream
Sat 30 March	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken and Vegetarian Nuggets	Baked Fish, Vegetable Momos, Chicken Momos, Baked Cauliflower, Grilled Vegetables & Fruits with Custard
Sun 31 March	Grilled Cheese Sandwich, Noodle Soup, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken and Vegetables Samosa	Vegetarian & Non-Vegetarian BBQ & Ice Cream



AUSTRALIAN  
BOARDING  
SCHOOLS  
ASSOCIATION



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