

STONEHILL INTERNATIONAL SCHOOL CAFETERIA MENU FOR MAY

CONTINENTAL MENU				
6 May (Monday)	7 May (Tuesday)	8 May (Wednesday)	9 May (Thursday)	10 May (Friday)
Meatballs Baked Vegetable, Vegetarian Quesadilla, Mashed Potatoes & Grilled Vegetables	Chicken Lollypop, Paneer tikka, Egg Rice, Mix - Veg Chili, Steamed Vegetables, & Soup	Beef Steak, Chicken or Veg Thai curry, Vegetarian Cannelloni, & Grilled Vegetables	BBQ Chicken, Vegetables Shashlik, Roast Potatoes, Vegetarian Burritos & Steamed Vegetables	Pizza - Assorted, Corn on the Cob, & Grilled Vegetables
13 May (Monday)	14 May (Tuesday)	15 May (Wednesday)	16 May (Thursday)	17 May (Friday)
Beef, Chicken or Vegetable Stroganoff, Mashed Potatoes, Quiche, & Grilled Vegetables	Chicken or Vegetable Lasagna Chicken wing or Tofu in Garlic Sauce, & Grilled Vegetables	Fish Finger, Crispy Fried Vegetable, Stuff Capsicum, Grilled Vegetables & Soup,	Stir Fried Chicken or Vegetables, Green Peas Rice, Vegetarian Enchiladas & Steamed Vegetables	Chicken or Vegetarian Hot Dogs, French Fries & Steamed Vegetables
20 May (Monday)	21 May (Tuesday)	22 May (Wednesday)	23 May (Thursday)	24 May (Friday)
Spaghetti Carbonara, Pasta Marinara, Grilled Vegetables & Bruschetta	Braised Chicken, Baked Cauliflower Mixed Vegetables in Garlic Sauce, & Grilled Vegetables	Roasted Beef or Chicken, Mashed Potatoes, Vegetable Quiche & Grilled Vegetables	Chicken Escalope, Vegetable Cutlet, Vegetarian Quesadilla & Steamed Vegetable	Beef, Chicken, or Vegetable Burgers & French Fries
27 May (Monday)	28 May (Tuesday)	29 May (Wednesday)	30 May (Thursday)	31 May (Friday)
Roasted Chicken, Vegetable Cannelloni, Gratin Dauphinoise & Grilled Vegetables	Chicken or Vegetable Manchurian, Hakka Noodle, Stir Fried Tofu & Steamed Vegetables	Grilled Fish, Vegetable au Gratin, Vegetarian Rollatini, Pasta Primavera & Grilled Vegetables	BBQ Chicken, Vegetable Shashlik, Roast Potatoes, Vegetarian Burritos & Steamed Vegetables	Pizza - Assorted, Corn on the Cob & Grilled Vegetables
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

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6 May (Monday)	7 May (Tuesday)	8 May (Wednesday)	9 May (Thursday)	10 May (Friday)
Pav Bhaji, Dal Dokli & Rice,	Gobi Aloo, Rajma Masala, Curd Rice & Rice	Chana Masala, Poori, Vegetable Jalfrezi, Rasam & Rice	Tomato Rice with Chutney, Dal Vada, Dal Palak & Rice	Butter Chicken or Paneer, Dal Tadka & Rice
13 May (Monday)	14 May (Tuesday)	15 May (Wednesday)	16 May (Thursday)	17 May (Friday)
Grilled Fish, Mixed Pakoda, Khara Pongal, Rasam & Rice	Set dosa, Chutney, Vegetable Sagu, Sambar & Rice	Egg Masala, Mushroom Mutter Masala, Dal & Rice	Mutter Methi Malai, Poori, Dal Palak & Rice,	Chicken Biryani, Vegetarian Biryani & Raita
20 May (Monday)	21 May (Tuesday)	22 May (Wednesday)	23 May (Thursday)	24 May (Friday)
Bisi Bele Bath, Khara Boondi, Mixed Vegetable Poriyal, Sambar & Rice	Chana Masala, Poori, Methi Aloo, Rasam & Rice	Thondekai Chana Palya, Vegetable Sambar & Rice	Crispy fried Okra, Dahi Curry, Rice & Brinjal Curry	Chicken Curry, Mutter Paneer, Dal Fry & Rice
27 May (Monday)	28 May (Tuesday)	29 May (Wednesday)	30 May (Thursday)	31 May (Friday)
Arbi Masala, Mixed Dal Fry, Rice & Bonda	Egg Curry, Shahi Paneer, Dal Tadka & Rice	Dosa, Chutney, Vegetable Kurma, Sambar & Rice	Palak Paneer, Curd Rice, Dal Makhni, Rice & Rasam	Chicken Biryani, Vegetarian Biryani & 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 6 May	Idly Sambar, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Croissant	Chicken Tacos, Vegetable Tacos, Quesadilla, Steamed Vegetables & Cake
Tue 7 May	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Samosa & Vegetable Samosa	Chicken Teriyaki, Vegetable Teriyaki, Vegetarian & Non-Vegetarian Sushi, Noodle & Cheese Cake
Wed 8 May	Chole Bhatura, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Vegetarian & Non-Vegetarian Pocket,	Fish Fingers, Vegetable Momos, Chicken Momos, Baked Cauliflower, Grilled Vegetables & Bavarian Cake
Thu 9 May	Paratha, Oats, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Chicken Nuggets	Vegetarian & Non-Vegetarian BBQ & Ice-Cream
Fri 10 May	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 11 May	Pancakes, Bacon, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Potato Smiley	Kadai Chicken, Kadai Paneer & Mushroom, Dal Makhni, Chapati, Rice & Cake
Sun 12 May	Grilled Cheese Sandwich, Dosa with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Cup Cake	Beef Steak, Chicken Manchurian, Vegetable Manchurian, Fried Rice, Grilled Vegetables & Chocolate Mousse
Mon 13 May	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 14 May	Upma, Uttapam, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Cookies	Chicken Ravioli, Vegetable Ravioli, Baked Pasta, Garlic Bread & Ice Cream
Wed 15 May	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
Thu 16 May	Spanish Omelet, Baked Beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Chicken Tacos, Vegetable Tacos, Quesadilla, Steamed Vegetables & Cake
Fri 17 May	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 18 May	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Samosa	Roasted Beef, Chicken Stew, Vegetable Stew, Mashed Potatoes, Grilled Vegetables, Soup & Cake



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Sun 19 May	Grilled Ham Sandwich, Bread Rolls, Choice of Eggs, Bread, Juice, Milk & Corn Flakes	Paneer & Cauliflower Pakoda	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Lemon Tart
Mon 20 May	Uthappam, Upma with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Vegetarian & Non-Vegetarian BBQ & Ice Cream
Tue 21 May	French Toast, Pooori Bhaji, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Croissant	Assorted Pizza, Vegetable Paella, Grilled Vegetables & Muffin
Wed 22 May	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Meatball Marinara and Vegetarian Delite	Chicken Cordon Bleu Roll, Beef Bourguignon, Vegetable Bourguignon, French Fries & Ice Cream
Thu 23 May	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 24 May	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 25 May	Aloo Paratha, Bread Rolls, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chocolate Croissant	Tandoori Chicken, Paneer & Baby Corn Tikka Masala, Dal, Rice & Ice Cream
Sun 26 May	Pooori, Chana Masala, Oats, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chicken and Vegetable Puffs	Chicken Tacos, Vegetables Tacos, Quesadilla, Steamed Vegetables & Cake
Mon 27 May	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 28 May	Paratha, Sausage, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Aloo Tikki chat	Vegetarian & Non-Vegetarian BBQ & Ice Cream
Wed 29 May	Chickpeas with Bhatura, Baked beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Vegetarian & Non-Vegetarian Spring Rolls	Chicken Kebab, Vegetable Kebab, Ghee Rice, Burritos, Steamed Vegetables & Cake
Thu 30 May	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 31 May	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



AUSTRALIAN
BOARDING
SCHOOLS
ASSOCIATION



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