

## STONEHILL INTERNATIONAL SCHOOL CAFETERIA MENU FOR SEPTEMBER

### CONTINENTAL MENU

<b>2 September (Monday)</b>	<b>3 September (Tuesday)</b>	<b>4 September (Wednesday)</b>	<b>5 September (Thursday)</b>	<b>6 September (Friday)</b>
Ganesh Chaturthi Holiday	Swiss Steak, Baked Vegetables, Vegetarian Moussaka, Mashed Potatoes & Grilled Vegetables	Shoyu Chicken, Vegetable Cutlets, Vegetable Burritos, Grilled Vegetables, Rice & Soup	Chicken Fricassee, Corn on the Cob, Vegetarian Cannelloni & Grilled Vegetables	Chicken Hot Dogs, Vegetarian Hot Dogs, French Fries & Steamed Vegetables
<b>9 September (Monday)</b>	<b>10 September (Tuesday)</b>	<b>11 September (Wednesday)</b>	<b>12 September (Thursday)</b>	<b>13 September (Friday)</b>
Spaghetti Carbonara, Pasta Marinara, Grilled Vegetables & Bruschetta	Braised Chicken, Baked Cauliflower, Mixed Vegetables in Garlic Sauce & Grilled Vegetables	Chicken Lasagna, Vegetable Lasagna, Garlic Bread, Chicken Wings & Steamed Vegetables	Heoni-Beoteo Chicken, Bok Choy with Garlic Sauce, Vegetable Noodles, Soup & Steamed Vegetables	BBQ Chicken, Vegetarian Shashlik, Roasted Potatoes, Paneer Tikka, & Steamed Vegetables
<b>16 September (Monday)</b>	<b>17 September (Tuesday)</b>	<b>18 September (Wednesday)</b>	<b>19 September (Thursday)</b>	<b>20 September (Friday)</b>
Meatballs, Baked Vegetables, Vegetarian Quesadilla, Mashed Potatoes & Grilled Vegetables	Grilled Chicken, Vegetarian Quiche, Grilled Vegetables, Rice & Soup	Grilled Fish, Vegetable Au Gratin, Pasta Primavera & Grilled Vegetables	Chicken Escalope, Egg Fried Rice, Mixed Vegetable Manchurian & Steamed Vegetables	Assorted Pizza, Corn on the Cob, & Grilled Vegetables
<b>23 September (Monday)</b>	<b>24 September (Tuesday)</b>	<b>25 September (Wednesday)</b>	<b>26 September (Thursday)</b>	<b>27 September (Friday)</b>
PD Day  (Holiday)	Chicken & Vegetable Manchurian, Hakka Noodles, Stir Fried Tofu & Steamed Vegetables	Roast Beef, Roast Chicken, Roasted Potatoes, Vegetable Rolltini, & Steamed Vegetables	Gajami yangnyeom -twigim (Korean Pan Fried Fish), Corn & Cheese Bake, Steamed Vegetables, Bokkeumbap & Soup	Beef Burgers, Chicken Burgers, Vegetable Burgers, French Fries & 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

<b>2 September (Monday)</b>	<b>3 September (Tuesday)</b>	<b>4 September (Wednesday)</b>	<b>5 September (Thursday)</b>	<b>6 September (Friday)</b>
Ganesh Chaturthi Holiday	Vegetable Pulao, with Raita Bhindi Aloo, Dal Fry & Rice	Egg Curry, Mushroom Mutter Masala, Dal Tadka & Rice	Dosa, Chutney, Vegetable Korma, Sambar & Rice	Chicken Biryani, Vegetable Biryani, with Raita
<b>9 September (Monday)</b>	<b>10 September (Tuesday)</b>	<b>11 September (Wednesday)</b>	<b>12 September (Thursday)</b>	<b>13 September (Friday)</b>
Tomato Rice with Chutney, Beans & Carrot Palya, Sambar & Rice	Fish Curry, Palak Paneer, Dal Fry & Rice	Chana Masala with Poori, Cabbage Koora, Rasam & Rice	Malai Kofta, Dal Makhani, Rice & Rasam	Chicken Masala, Mutter Paneer, Dal Tadka & Rice
<b>16 September (Monday)</b>	<b>17 September (Tuesday)</b>	<b>18 September (Wednesday)</b>	<b>19 September (Thursday)</b>	<b>20 September (Friday)</b>
Veg Kadai, Dal Panchmel, & Lemon Rice with Chutney	Thondekai Chana Palya, Vegetable Sambar & Rice	Egg Masala, Mutter Paneer, Dal Tadka & Rice	Dosa, Chutney, Vegetable Kurma, Sambar & Rice	Grilled Fish, Paneer Tikka, Dal Fry & Rice
<b>23 September (Monday)</b>	<b>24 September (Tuesday)</b>	<b>25 September (Wednesday)</b>	<b>26 September (Thursday)</b>	<b>27 September (Friday)</b>
Chicken Curry, Mushroom Mutter Masala, Dal Fry & Rice	Bisibele Bath, Khara Boondi, Mixed Vegetable Poriyal, Sambar & Rice	Methi Mutter Malai, Poori, Rajma Masala & Rice	Vegetable Do Pyaza, Mixed Dal Fry, Rasam and Rice	Chicken Biryani, Vegetable Biryani, with Raita

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### BOARDING MENU

Date	Breakfast	Afternoon tea	Dinner
<b>Sun 1 September</b>	Upma, Uttapam with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Potato Cheese Shots	Crispy Fried Chicken, Crispy Fried Vegetables, Methi Mutter Malai, Paratha & Cake
<b>Mon 2 September</b>	Grilled Cheese Sandwiches, Poha, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken Pockets, Vegetable Pockets	Butter Chicken, Shahi Paneer, Crispy Fried Prawns, Chapatti, Rice & Custard Jelly
<b>Tue 3 September</b>	Maggie, Poori with Vegetables, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Vanilla Muffins	Vegetarian BBQ, Non-Vegetarian BBQ & Ice Cream
<b>Wed 4 September</b>	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Chocolate Doughnuts	Chicken Ravioli, Vegetarian Ravioli, Grilled Lemon Chicken, Grilled Vegetables, Baked Pasta, Bruschetta & Ice Cream
<b>Thu 5 September</b>	Dosa with Chutney, Club Sandwiches, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Samosa	Chicken Tacos, Vegetables Tacos, Quesadilla, Steamed Vegetables & Cake
<b>Fri 6 September</b>	Waffles, Sausages, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Pretzels	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Ice Cream
<b>Sat 7 September</b>	Aloo Paratha, Bread Rolls, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Potato Smiley	Kadai Chicken, Kadai Paneer & Mushroom, Dal Makhani, Chapatti, Rice & Cake
<b>Sun 8 September</b>	Poori, Channa Masala, Oats, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Assorted Cookies	Assorted Pizza, Vegetable Paella, Grilled Vegetables & Muffins
<b>Mon 9 September</b>	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Spring Rolls	BBQ Chicken, Steak, Vegetables, Roasted Potatoes, Vegetable Quiche, Steamed Vegetables & Cake
<b>Tue 10 September</b>	Grilled Sandwiches, Hash Brown, Choice of Eggs, Bread, Juice, Milk, Corn Flakes	Chocolate Croissant	Grilled Chicken, Egg Curry, Mushroom Mutter, Paratha, Dal Makhani, Rice & Cake
<b>Wed 11 September</b>	Waffles, Sausages, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chicken and Vegetable Nuggets	Vegetarian Lasagna, Non-Vegetarian Lasagna, Chicken Escalope, Tofu Escalope, Garlic Bread, Grilled Vegetables & Chocolate Cake



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<b>Thu 12 September</b>	Dosa with Chutney, Club Sandwiches, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Vada Pav	Butter Chicken, Shahi Paneer, Crispy Fried Prawns, Chapatti, Rice & Custard Jelly
<b>Fri 13 Sept</b>	Chickpeas with Bhatura, Baked beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Cupcakes	Roast Beef, Chicken Stew, Vegetable Stew, Mashed Potatoes, Grilled Vegetables, Soup & Cake
<b>Sat 14 Sept</b>	Idly Sambar, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Mix Pakodas	Chicken Do Pyaza, Vegetable Do Pyaza, Palak Paneer, Kulcha, Grilled Vegetables & Cake
<b>Sun 15 Sept</b>	Waffles, Sausage, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Danish Pastry	Roast Chicken, Roasted Potatoes, Vegetable Burritos, Rajma Masala, Rice & Brownies
<b>Mon 16 Sept</b>	Club Sandwiches, Beans on Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Egg Puff	Spaghetti Carbonara, Pasta Primavera, Baked Fish, Baked Cauliflower & Lemon Curd Cake
<b>Tue 17 Sept</b>	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Swiss Rolls	Butter Chicken, Shahi Paneer, Crispy Fried Prawns, Chapatti, Rice & Custard Jelly
<b>Wed 18 Sept</b>	Aloo Paratha, Bread Rolls, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Dal Kachori	Vegetarian BBQ, Non-Vegetarian BBQ & Ice Cream
<b>Thu 19 Sept</b>	Grilled Sandwiches, Hash Brown, Choice of Eggs, Bread, Juice, Milk, Corn Flakes	Cecodok	Grilled Chicken, Roasted Potatoes, Vegetable Burritos, Steamed Vegetables & Rasmalai
<b>Fri 20 Sep</b>	Waffles, Sausages, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Croquette	Lamb Chops, Chicken Masala, Paneer Pasand, Chapatti, Gobi Aloo, Rice & Cake
<b>Sat 21 Sept</b>	Upma, Uttapam with Chutney, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Sabudana Vada with Chutney	Chicken Ravioli, Vegetable Ravioli, Baked Pasta, Garlic Bread & Ice Cream
<b>Sun 22 Sept</b>	Paneer Paratha, Maggie, Oats, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits,	Oatmeal Raisin Cookies	Hakka Noodles, Chicken in Lime Sauce, Paneer & Mushroom in Lime Sauce, Steamed Vegetables & Muffins
<b>Mon 23 Sept</b>	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Falafel with Hummus	Vegetarian Lasagna, Non-Vegetarian Lasagna, Chicken Escalope, Tofu Escalope, Garlic Bread, Grilled Vegetables & Chocolate Cake
<b>Tue 24 Sept</b>	Idly Sambar, French Toast, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Bruschetta	Chicken Biryani, Vegetable Biryani, Raita, Lamb Chops, Paneer Tikka Masala & Ice Cream
<b>Wed 25 Sept</b>	Waffles, Sausages, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Chocolate Muffins	Chicken Tacos, Vegetables Tacos, Quesadillas, Steamed Vegetables & Cake



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<b>Thu 26 Sept</b>	Chickpeas with Bhatura, Baked beans, Choice of Eggs, Bread, Juice, Milk, Corn Flakes & Fruits	Croissant	Assorted Pizza, Stir Fried Chicken with Vegetables, Grilled Vegetables & Muffins
<b>Fri 27 Sept</b>	Pancakes, Bacon, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Egg Puff	Pepper Chicken, Pepper Paneer & Mushroom, Dal Makhani, Chapatti, Rice & Cake
<b>Sat 28 Sept</b>	Stuffed Paratha, Maggie, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Samosa	Chicken and Mixed Vegetable Chili, Hakka Noodles, Stir Fried Vegetables & Gulab Jamun
<b>Sun 29 Sept</b>	Poori, Chana Masala, Oats, Choice of Eggs, Bread, Juice, Corn Flakes & Fruits	Onion Rings	Vegetarian BBQ, Non-Vegetarian BBQ & Ice Cream
<b>Mon 30 Sept</b>	Waffles, Sausage, Choice of Eggs, Bread Juice, Milk, Corn Flakes & Fruits	Doughnuts	Chicken Momo, Vegetable Momo, Chicken Curry, Mutter Mushroom, Rice & Rasmalai



AUSTRALIAN  
BOARDING  
SCHOOLS  
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