

RISHIKUL VIDYAPEETH SONEPAT

CBSE National Tennis Championship 2025

(23 September-30 September 2025)

Incharge: Mr Bhup Singh _____

TIMINGS:

Breakfast: 7:00am -8:00 am

Lunch: 1:00 pm -2:00 pm

Dinner: 7:00 pm -8:00 pm

MEAL MENU

	DATE							
22 September 2025	23 September 2025	24 September 2025	25 September 2025	26 September 2025	27 September 2025	28 September 2025	29 September 2025	30 September 2025
<u>DINNER</u> Tandoori Roti Palak Paneer Veg.- Aloo Methi Salad Sweet Dish (Moong dal Halwa)	<u>BREAKFAST</u> Tandoori Stuffed Parantha, Curd & Tea	<u>BREAKFAST</u> Poha with Vegetable, Idli Sambhar Fruit- Banana & Milk	<u>BREAKFAST</u> Puri Chole & Tea	<u>BREAKFAST</u> Poha with Vegetable, Idli Sambhar Fruit & Milk	<u>BREAKFAST</u> <u>Tandoori Stuffed</u> <u>Parantha, Curd &</u> <u>Tea</u>	<u>BREAKFAST</u> Poha with Vegetable, Idli Sambhar Fruit - Banana & Milk	<u>BREAKFAST</u> Puri Chole & Tea	<u>BREAKFAST</u> <u>Tandoori Stuffed</u> <u>Parantha</u> Milk & Tea
	<u>LUNCH</u> Tandoori Roti Pulao Dal Makhni Stuffed Tinda Salad Raita Fruit- Apple	<u>LUNCH</u> Tandoori Roti Zeera Rice Rajma Matar Mushroom Salad Raita Fruit -Pear	<u>LUNCH</u> Tandoori Roti Pulao Dal Tadka Aalu Gobhi Salad Raita Fruit- Banana	<u>LUNCH</u> Tandoori Roti Zeera Rice Rajma Baigan Bhartha Salad Raita Fruit -Pear	<u>LUNCH</u> Tandoori Roti Pulao White Chole Vegetable Khofta Salad Raita Fruit- Apple	<u>LUNCH</u> Tandoori Roti Zeera Rice Kadhi Pakodha Palak Corn Salad Raita Fruit -Pear	<u>LUNCH</u> Tandoori Roti Pulao Moong Dal Alloo Matar Salad Raita Fruit- Banana	<u>LUNCH</u> Tandoori Roti Pulao Dal Makhni Allo karela Salad Raita Fruit
	<u>DINNER</u> Tandoori Roti Pulao Matar Paneer Veg.- Bhindi Salad Sweet Dish (Gulab Jamun)	<u>DINNER</u> Tandoori Roti Pulao Dal Makhni Mix Subji Salad Sweet Dish (Kheer)	<u>DINNER</u> Tandoori Roti Zeera Rice Shahi Paner Dal Ghiya Salad Sweet Dish (Ice Cream)	<u>DINNER</u> Tandoori Roti Pulao Dal Channa Masala Nutrela Salad Sweet Dish (Kheer)	<u>DINNER</u> Tandoori Roti Pulao Paneer Lababdar Sarso Saag Salad Sweet Dish (Gulab Jamun)	<u>DINNER</u> Tandoori Roti Pulao Dal Makhni Alloo Soyabean Salad Sweet Dish (Kheer)	<u>DINNER</u> Tandoori Roti Zeera Rice Kadai Paner Palak Khofta Salad Sweet Dish (Ice Cream)	

Note:

- Those who will stay on school campus minimum four day amount will be charged
- Amount once deposited will neither be refunded nor adjusted
- Dinner will not be provided on 08 September 2025