

**GD GOENKA GLOBAL
OCTOBER '24 MENU**

Type of Meals		Tuesday	Wednesday	Thursday	Friday		
Week - 1		1	2	3	4		
Breakfast							
Main Dish		Hot Dog	GANDHI JAYANTI	HOLIDAY	Baked Veg. Puff		
Condiments		Tomato Dip			Tomato Dip		
Fruit		Seasonal Fruit			Seasonal Fruit		
Egg					Boiled Egg		
Lunch							
Lentils		Punjabi Channa Masala			Dal Tadka		
Veg		Carrot Peas Potato Veg (Dry)			Beans Aloo		
Non. Veg / Conti/ Veg.2					Chicken Nuggets		
Rice		Steamed Rice			Steamed Rice		
Bread		Chapati			Chapati		
Others	Steamed Veg with Mayo Dip						
Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday		
Week - 2	7	8	9	10	11		
Breakfast							
Main Dish	Vegetable Vermicille	Stuffed Kulcha	Idly	Pancake	Vegetable Burger		
Condiments	Mint Dip	Tomato Dip	Coconut Dip	Chocolate Syrup	Tomato Dip		
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
Egg	Egg Sandwich		Veg Omlette	Boiled Egg	Veg Omlette		
Lunch							
Lentils	Rajma Masala	Daal Bukhara	Yellow Daal Tadka	Punjabi Choley	Veg Manchurian Gravy		
Veg	Handi Sabz	Shahi Paneer	Aloo Matar Soyabean in Semi-Dry Gravy	Mix Vegetable			
Non. Veg / Conti/ Veg.2	Chicken Popcorn			Chicken Manchurian Gravy			
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Corn Rice		
Bread	Chapati	Chapati	Chapati	Chapati	Hakka Noodles		
Others		Rice Kheer	Bottle Gourd Raita	Lemonade	Choco Brownie		
Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday		
Week - 3	14	15	16	17	18		
Breakfast							
Main Dish	Vegetable Sandwich	Aloo Paratha	Bread Fritters	HOLIDAY	Stovetop Macaroni With Vegetables		
Condiments	Tomato Dip	Cumin Raita	Mint Dip		Tomato Dip		
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		Seasonal Fruits		
Egg	Egg Sandwich		Boiled Egg		Veg Omlette		
Lunch							
Lentils	Black Channa Gravy	Kadhi Pakora	Dal Dhaba		Bhaji		
Veg	Jeera Aloo	Tawa Vegetables	Paneer Butter Masala		Pao		
Non. Veg / Conti/ Veg.2	Chicken Fried Rice				Chicken Pops		
Rice	Veg Pulao	Steamed Rice	Steamed Rice		Peas Pulao		
Bread	Chapati	Chapati	Chapati		Cumin Raita		
Others		Tutti Fruitti Muffin					
Type of Meals	Monday	Tuesday	Wednesday	Thursday	Friday		
Week - 4	21	22	23	24	25		

Breakfast					
Main Dish	Stuffed Aloo Parantha	Vegetable Idli	Stuffed Kulcha	Stovetop Macaroni with Vegetables	Vegetable Vermicelle
Condiments	Cumin Raita	Coconut Dip	Mint Dip	Tomato Dip	Mint Dip
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Egg	Egg Sandwich		Boiled Egg	Veggies Omlette	Boiled Egg
Lunch					
Lentils	Dal Makhani	Dal Fry	Rajma Masala	Channa Dal	Kadhi Pakoda
Veg		Soya Keema Matar	Handi Sabz	Paneer Jalfrezi	Tangy Fried Potatoes
Non. Veg / Conti/ Veg.2	Chicken Fried Rice				Egg Fried Rice
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Bread	Chapati	Chapati	Chapati	Chapati	Chapati
Others	Steamed Veg with Mayo Dlp		Steamed Veg with Mayo Dlp	Boondi Raita	
Type of Meals	Monday	Tuesday	Wednesday	Thursday	
Week - 5	28	29	30	31	
Breakfast					
Main Dish	Veg Puff	Veg Burger	Diwali Break		
Condiments	Tomato Dip	Tomato Dip			
Fruit	Seasonal Fruit	Seasonal Fruit			
Egg	Veggies Omlette				
Lunch					
Lentils	Punjabi Choley	Mixed Sauce Pasta			
Veg	Tangy Potatoes	Veg Manchurian in Hot n Sour Sauce			
Non. Veg / Conti/ Veg.2	Lemon Chicken Gravy				
Rice	Steamed Rice	Fried Rice			
Bread	Chapati	Garlic Bread			
Others					

Disclaimer:

Seasonal Delights: Please note that our menu features vegetables and fruits that are sourced seasonally. Consequently, the availability of certain items may vary based on the season.

Allergy Alert: For individuals with allergies, we recommend avoiding options highlighted in **Red** as they contain **Chicken** & **Green** contain **Nuts**.
Items in **Blue** Contain **Lactose** & **Brown** contains **Egg**.

Your health and well-being are important to us.