



Vidyarambh

Sample Weekly Menu

2931 El Camino Real
Santa Clara CA 95051
Phone: 408-758-8192
www.vidyarambh.org

Sample Weekly Menu

	Breakfast (8:00 AM)	AM snack (10:00 AM)	Lunch *(12:15 PM)	PM snack (3:15 PM)	Late snack (5:40 PM)
M	Toast-Butter Milk, Apple	Crackers and Cheese	Roti, Ghee, Rajma, Beets subzi, Milk	Tangerine and Cucumber	Milk/Fruit/Cheese
T	Original cheerios Milk, Banana	Apple and Cucumber	Idli, Ghee, Sambar with variety veggies, Milk	Crackers and Banana	Milk/Fruit/Cheese stick
W	Bagel- cream cheese Milk, Pear	Crackers and Banana	Khichdi with ghee, Milk	Baby carrots and Pear	Milk/Fruit/Cheese
Th	Bread-Jam Milk, Grapes	Baby carrots and Cantaloupe	Roti, Chole, Broccoli subzi, Milk	Crackers and Cheese	Milk/Fruit/Cheese
F	Honey bunches of oats Milk, Cantaloupe	Crackers and Pear	Pasta with variety veggies and cheese, Milk	Apple and Cucumber	Milk/Fruit/Cheese

*At around 3:30 PM for after-school students. Rice and plain yogurt are also included in after-school menu.

As far as possible, we use organic ingredients for cooking. The general guideline we follow for organic ingredients is: milk, dairy, daal, lentils, rice and atta are always organic and so are the fruits and vegetables that are consumed without peeling.