



Vidyarambh's Weekly Menu

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We have an on-site kitchen where we cook Indian, vegetarian, organic meals for lunch and dinner. Food is served on stainless steel tableware.

Fruits are offered for snack.

Breakfast is not cooked on-site. We serve organic bread n butter or organic unsweetened cereals along with organic milk.

Day of the week	Lunch (12:15 PM)	Dinner (4:45 PM)
Monday	Khichdi with Ghee and variety of vegetables and Fruit	Roti, Subzi, Ghee
Tuesday	Daal with vegetables, Roti, Rice and Ghee	Bisi bele Bath. Fruit
Wednesday	Idli, Sambar with variety of vegetables, Cucumber, Rice and Ghee	Khichdi with Ghee and variety of vegetables, Fruit
Thursday	Rajma OR Chole with Subzi, Roti, Rice and Ghee	Upma with vegetables, Fruit
Friday	Pasta with red sauce, butter and variety vegetables and Fruit	Roti, Mixed daal with vegetable, Ghee

Organic ingredients in your child's food:

Rice, Milk, Cereal, Bread, Butter, all spices and herbs, all types of lentils, all fruits and vegetables that are consumed without peeling off the skin, Pasta, Pasta sauce

We also make ghee, yogurt and Idli batter in our kitchen using 100% organic ingredients!