



NEW YORK
ACADEMY

MENU

NOVEMBER 2023



Day\Date	Breakfast	Lunch	Salad	Dessert
Wed, 01-Nov	French Toast with Honey & Fresh Fruits Drink - Plain Milk	Chilli Chicken & Chilli Veg with Fried Rice, Sambar, Steamed Rice, Curd & Papad	Chana Chat	Banana Walnut Cake
Thu, 02-Nov	Idli with Chutney & Fresh Fruits Drink - Chocolate Milk	Mix-Veg, Pulihora, Sambar, Steamed Rice, Curd, Papad & Chutney	Kachumber Salad	Fruit Custard
Fri, 03-Nov	Upma with Chutney & Fresh Fruits Drink - Strawberry Milk	Veg & Non-Veg Biryani, Mirchi Ka Salan & Raita	Carrot, Cucumber & Beetroot	Tutti Frutti Cake
Mon, 06-Nov	Pancake with Maple Syrup & Fresh Fruits Drink - Plain Milk	Veg & Non-Veg Pizza, Sambar, Steamed Rice, Curd & Papad	Corn, Broccoli & Beans Salad	Honey Almond Cake
Tue, 07-Nov	Vada with Chutney & Fresh Fruits Drink - Plain Milk	Lemon Rice, Sambar, Steamed Rice, Beans Poriyal, Curd, Papad & Chutney	Beetroot, Cucumber & Carrot	Payasam
Wed, 08-Nov	Cheese Corn Toast & Fresh Fruits Drink - Hot Chocolate	Grilled Chicken, Grilled Vegetables, Mash Potato, Dal Tadka, Steamed Rice, Curd & Papad	Lettuce Salad	Quinoa Cake
Thu, 09-Nov	Pav Bhaji & Fresh Fruits Drink - Badam Milk	Tomato Rice, Sambar, Steamed Rice, Crispy Bhindi, Curd, Papad & Chutney	Caesar Salad	Fruit Custard
Fri, 10-Nov	Veg Sandwich & Fresh Fruits Drink - Badam Milk	Veg & Non-Veg Biryani, Mirchi Ka Salan & Raita	Carrot, Cucumber & Beetroot	Brownie
Tue, 14-Nov	Vermicelli Upma & Fresh Fruits Drink - Plain Milk	Matar Paneer, Veg Fry, Sambar, Steamed Rice, Curd & Papad	Beetroot, Cucumber & Carrot	Payasam
Wed, 15-Nov	Vada with Chutney & Fresh Fruits Drink - Plain Milk	Kadai Veg & Kadai Chicken, Veg-Pulao, Sambar, Steamed Rice, Curd & Papad	Sauteed Veggies	Chocolate Cake
Thu, 16-Nov	French Toast with Honey & Fresh Fruits Drink - Plain Milk	Lemon Rice, Dal Makhani, Aloo Jeera, Sambar, Steamed Rice, Curd & Papad	Chana Chat	Fruit Custard
Fri, 17-Nov	Idli with Chutney & Fresh Fruits Drink - Chocolate Milk	Veg & Non-Veg Biryani, Mirchi Ka Salan & Raita	Carrot, Cucumber & Beetroot	Banana Walnut Cake
Mon, 20-Nov	Upma with Chutney & Fresh Fruits Drink - Strawberry Milk	Veg & Non-Veg Pasta, Sambar, Steamed Rice, Curd & Papad	Corn, Broccoli & Beans Salad	Honey Almond Cake
Tue, 21-Nov	Pancake with Maple Syrup & Fresh Fruits Drink - Plain Milk	Aloo Chole Poori, Spinach Dal, Steamed Rice, Curd & Papad	Beetroot, Cucumber & Carrot	Payasam
Wed, 22-Nov	Vada with Chutney & Fresh Fruits Drink - Plain Milk	Veg & Non-Veg Biryani, Mirchi Ka Salan & Raita	Carrot, Cucumber & Beetroot	Tutti Frutti & Raisin Cake
Thu, 23-Nov	Pav Bhaji & Fresh Fruits Drink - Badam Milk	Sambar, Veg Fry, Steamed Rice, Curd, Chutney & Papad	Caesar Salad	Fruit Custard
Mon, 27-Nov	Cheese Corn Toast & Fresh Fruits Drink - Hot Chocolate	Veg & Non Veg Manchurian with Noodles, Yellow Moong Dal, Steamed Rice, Curd & Papad	Beetroot, Cucumber & Carrot	Marble Cake
Tue, 28-Nov	Veg Sandwich & Fresh Fruits Drink - Badam Milk	Mix Veg Pulao, Veg Korma, Sambar, Steamed Rice, Curd & Papad	Lettuce Salad	Payasam
Wed, 29-Nov	Vermicelli Upma & Fresh Fruits Drink - Plain Milk	Veg and Non-Veg Quesadilla, Sambar, Steamed Rice, Curd & Papad	Boiled Chickpeas & Veg Salad	Dates & Walnut Cake
Thu, 30-Nov	Idli with Chutney & Fresh Fruits Drink - Chocolate Milk	Veg Salt & Pepper, Pindi Chana, Sambar, Steamed Rice, Curd & Papad	Sauteed Veggies	Fruit Custard