

Did you know - The amount of food wasted globally could feed India's entire population



"Healthy citizens
are the greatest
asset any country
can have."
- Winston



*Menu for
October
2026*

Date	01 October 2026	02 October 2026	03 October 2026	04 October 2026
Day	Thursday	Friday	Saturday 1	Sunday
BREAKFAST				
Cereal	Idli			
Cereal-2	Sambhar			
Hot savoury	Tomato Chutney			
Dip/Chutney/Pulse	Vermicelli Upma			
Fruit/Bakery	Plain Milk			
Milk/Curd	Apple			
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal snack	Banana			
LUNCH				
Dal	Black Masoor Dal			
Rice	Steamed Rice			
Vegetable	Tawa Veg			
Chapati	Butter Chapatti			
Salad bar	Green Salad			
Dessert/Curd	Sweet Boondi			
Date	05 October 2026	06 October 2026	07 October 2026	08 October 2026
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Daal Parantha	Indori Poha	Poori	Uttapam
Cereal-2	Oats Masala(Peppy Tomato)	Coleslaw Sandwich	Chole	Sambhar
Hot savoury	Tomato Sauce & Green Chutney	Tomato Chutney	Suji Halwa	Milk Dalia
Dip/Chutney/Pulse	Cut Fruit	Cut Fruit	Tomato Chutney	Tomato Chutney
Fruit/Bakery	Elaichi Milk	Elaichi Milk	Apple	Banana
Milk/Curd	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Plain Milk	Thandai Milk
			Tea/Pickle/Ketchup/Curd	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Apple	Banana	Raisins and Carrot Cake	Apple
LUNCH				
Dal	Mix Dal	Rajmah Masala	Red Masoor Daal	Khadi PA kora
Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice
Vegetable	Kashia Paneer	Beans Aloo	Mix Veg	Kasogi Methil Aloo
Chapatti	Ghee Chapatti	Ghee Chapatti	Ghee Chapatti	Ghee Chapatti
Salad bar	Green salad	Stick Salad	Sprout Salad	Kachumbari Salad

Dessert/Curd	Boondi Raita	Dahi Bhalla with Sauth	Lauki Raita	Mishti Dahi
Date	09 October 2026	10 October 2026	11 October 2026	12 October 2026
Day	Friday	Saturday 2	Sunday	Monday
BREAKFAST				
Cereal	Atta Kulcha			Veg Paneer Grill Sandwich
Cereal-2	Matar Bhaji			Bikaneri Poha
Hot savoury	Pongal Khichadi			Green Chutney
Dip/Chutney/Pulse	Tomato Sauce			Plain Milk
Fruit/Bakery	Apple			Tea/Pickle/Ketchup
Milk/Curd	Kesar Milk			
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Banana			Multi Grain Cookies
LUNCH				
Dal	Veg Biryani			Rajma Masala
Rice	Mix Veg Raita			Gajar Matar Aloo
Vegetable	Veg Manchurian			Steamed Rice
Chapati	Veg Noodle			Missi Roti
Salad bar	Laccha Onion			Green Salad
Dessert/Curd	Fruit Custard Pudding			Mix Raita
Date	13 October 2026	14 October 2026	15 October 2026	16 October 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Mix Veg Paratha	Idli	Tikona Paratha	Atta Pav
Cereal-2	Moong Dal Khicdi	Sambhar	Kala Channa	Bhaji
Hot savoury	Salsa Sauce	Rawa Upma	Sweet Dalia	Pongal Khichdi / Suji Halwa
Dip/Chutney/Pulse	Cut Papaya	Green Chutney/ Tomato Chutney	Green Chutney/ Tomato Sauce	Green Chutney
Fruit/Bakery	Kesar Milk	Banana	Cut Fruit	Cut Fruit
Milk/Curd	Tea/Pickle/Ketchup/Curd	Plain Milk	Plain Milk	Plain milk
		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Ketchup
SNACKS				
Dispersal Snack	Banana	Apple	Methi Matthi	Banana
LUNCH				
Dal	Dhaba Dal	Dal Makhni	Arhar Dal Tadka	Kala Channa Curry
Rice	Steam Rice	Jeera Rice	Steam Rice	Steam Rice
Vegetable	Paneer Lababdaar	Veg Handi	Gobhi Aloo	Aloo Tarkaari
Chapati	Ghee Chapati	Ghee Chapati	Butter Chapatti	Bedami Poori
Salad bar	Stick Salad	Kachumber Salad	Green Salad	Sirka Onion
Dessert/Curd	Jeera Raita	Besan Burfi	Cucumber Raita	Suji Halwa
Date	17 October 2026	18 October 2026	19 October 2026	20 October 2026
Day	Saturday 3	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Samosa			
Cereal-2	Peanut Poha			
Hot savoury	Green Chutney/ Tomato Chutney			
Dip/Chutney/Pulse	Cut Fruit			
Fruit/Bakery	Tea/Pickle/Ketchup			
Milk/Curd				

SNACKS				
Dispersal Snack				
LUNCH				
Dal	Lobia Masala			
Rice	Steam Rice			
Vegetable	Kathal Masala			
Chapati	Butter Chapati			
Salad bar	Kachumber Salad			
Dessert/Curd	Semiya Kheer			
Date	21 October 2026	22 October 2026	23 October 2026	24 October 2026
Day	Wednesday	Thursday	Friday	Saturday 4
Cereal	Mix Veg Paratha	Medu Wada	Indori Poha	
Cereal-2	Green Chutney	Sambhar	Grilled patato Sandwich	
Hot savoury	Atta Halwa	Rawa Upma	, Green Chutney	
Dip/Chutney/Pulse	Banana	Apple	Banana	
Fruit/Bakery	Plain Milk	Plain Milk	Plain Milk	
Milk/Curd	Tea/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup/Curd	
SNACKS				
Dispersal Snack	Fruit Cake	Banana	Apple	
LUNCH				
Dal	Moong Masoor dal	Rajasthani Tadka Daal	Veg Biryani	
Rice	Tadka Rice	Jeera Rice	Herbs Potato	
Vegetable	Paneer Tikka Masala	Tawa Veg	Mix Sauce Pasta	
Chapati	Butter Chapatti	Ghee Chapati	Mix Veg Raita	
Salad bar	Green Salad	Green Salad	Corn Salad	
Dessert/Curd	Boondi Raita	Cucumber raita	Fruit Custard Pudding	
Date	25 October 2026	26 October 2026	27 October 2026	28 October 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal			Vermicelli Upma	Poori
Hot savoury			Coleslaw Sandwich	Aloo Bhaji
Dip/Chutney/Pulse			Tomato Chutney	Suji Halwa
Fruit/Bakery			Banana	Green Chutney
Milk/Curd			Elaichi Milk	Banana
			Tea/Pickle/Ketchup	Plain Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack			Atta Cookies	Apple
LUNCH				
Dal			Urad Channa Dal	Red Masoor Dal
Rice			Steam Rice	Jeera Rice
Vegetable			Kadhai Paneer	Kondroo Aloo Bhujia
Chapati			Ghee Chapati	Ragi Ghee Chapati
Salad bar			Green Salad	Green Salad
Dessert/Curd			Boondi raita	Veg Raita
Date	29 October 2026	30 October 2026	31 October 2026	
Day	Thursday	Friday	Saturday 5	
BREAKFAST				
Cereal	Ajwain Tikona Parantha	Kulcha(Atta)		
Cereal-2	Aloo Bhaji	Matar bhaji		
Hot savoury	Sprout Chaat	Moong Dal Khichdi		

Dip/Chutney/Pulse	Green Chutney	Green Chutney/Red Chutney		
Fruit/Bakery	Chocolate Milk	Apple		
Milk/Curd	Cut Fruit	Elaichi Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack	Banana	Chocolate Doughnuts		
LUNCH				
Dal	Rajma Rasila	Veg Biryani		
Rice	Steam Rice	Mix Veg Raita		
Vegetable	Kasoori Methi Aloo	Veg Manchurian		
Chapati	Ghee Chapati	Veg Noodle		
Salad bar	Corn Salad	Laccha Onion		
Dessert/Curd	Veg Raita	Fruit Custard Pudding		
ABOUT THE MENU				
Total Nutrition (approx One serve)	K calories	Protein	Carbs	Fat
Breakfast	Up to 600 kcal	up to 20 gm	up to 100 gm	Up to 10 gm
Lunch	Up to 700 kcal	up to 25 gm	up to 120 gm	Up to 20 gm
Special Note:				
All Food preparations are in Mustard oil				
South Indian food and Halwas prepared in Desi Ghee				
Provide both options of Milk flavoured and plain without sugar.				
Jaggery will be available as a sugar substitute.				
we provide plain milk to all students of Prenursery K1 & K2.				