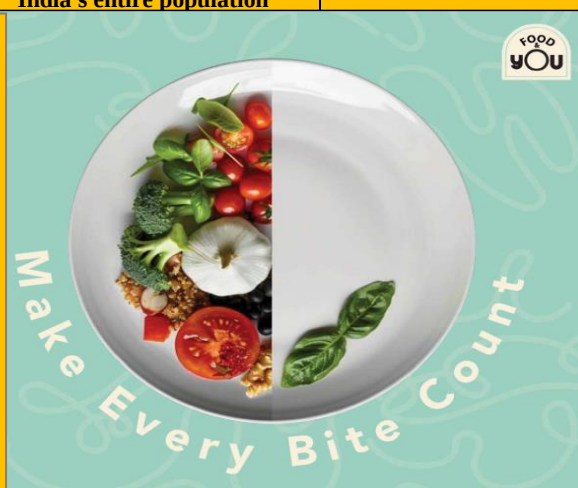




**Menu for
September
2025**

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

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



Date	01 September 2025	02 September 2025	03 September 2025
Day	Monday	Tuesday	Wednesday
BREAKFAST			
Cereal	Peas Batata Poha	Mix Veg Paratha	Idli Sambhar
Hot savoury	Ragi Bread Panner Sandwich	Vermacilli Upma	Suji Upma
Dip/Chutney/Pulse	Mint Sauce	Hung Curd Dip	Coconut Chutney
Fruit/Bakery	Banana	Cut Fruit	Banana
Milk/Curd	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Cornflakes Milk
SNACKS			
Dispersal snack	Ragi Cookies	Banana	Apple
LUNCH			
Dal	Yellow Dal Tadka	Lobia Dal	Kadhi pakoda
Rice	Steam Rice	Steam Rice	Steam Rice
Vegetable	Mix Veg	Kadhai panner	Bhindi Do Payaza
Chapati	Butter Oats Chapatti	Ghee Chapatti	Butter Chapatti
Salad bar	Green Salad	Kacumber Salad	Green Salad
Dessert/Curd	Phirni with Nuts	Boondi Raita	Gulab jamun
Date	05 September 2025	06 September 2025	07 September 2025
Day	Friday	Saturday	Sunday
BREAKFAST			
Cereal		Coleslaw Sandwich	
Hot savoury		Grill Potato Sanwich	
Dip/Chutney/Pulse		Sweet Dalia	
		Pea Nut Poha	
Fruit/Bakery		Cut Fruit	
Milk/Curd		Tea and Cofee	
SNACKS			
Dispersal Snack			
LUNCH			
Dal	Teacher Day	Aloo Tikki	
Rice		Bhalla Papri Chaat	
Vegetable		Pani Poori	
Chapati		Paneer Stuff Kulcha	
Salad bar		Chilli Paneer Dry	
Dessert/Curd		Suff Gulab Jamun	
		Khasta Kachori	
		Aloo Bhaji	
		Lemon Jaljeera	

Date	09 September 2025	10 September 2025	11 September 2025
Day	Tuesday	Wednesday	Thursday
BREAKFAST			
Cereal	Methi Poori Channa Masala	Pav Bhaji	Aloo Paratha
Hot savoury	Rawa Upma	Veg Masala Oats	Veg Dalia
Dip/Chutney/Pulse	Green Chutney	Tomato Chutney	Green Chutney
Fruit/Bakery	Apple	Banana	Cut Papaya
Milk/Curd	Cornflacks with Milk	Elaichi Milk	Plain Milk/Dahi
SNACKS			
Dispersal Snack	Banana	Choclate Doughnut	Apple
LUNCH			
Dal	Channa Dal Tadka	Mix Dal	Rajma Rasila
Rice	Veg Biryani	Jeera Rice	White Rice
Vegetable	Dum Aloo Panjabi	Matar Paneer	Shimla mirch Aloo
Chapati	Ghee Oats Chapatti	Ghee Ragi Chapati	Butter Chapatti
Salad bar	Kachumber Salad	Green Salad	Green Salad
Dessert/Curd	Boondi Raita	Rice kheer with jaggery	Veg Raita
Date	13 September 2025	14 September 2025	15 September 2025
Day	Saturday	Sunday	Monday
BREAKFAST			
Cereal			Palak Poori Aloo Bhaji
Hot savoury			Sewiyan Porridge
Dip/Chutney/Pulse			Green Chutney
Fruit/Bakery			Apple
Milk/Curd			Flavoured Milk/Plain Milk
SNACKS			
Dispersal Snack			Multi Grain Cookies
LUNCH			
Dal			Dal Maharani
Rice			Steam Rice
Vegetable			Khtta Mitha Petha
Chapati			Butter Chapatti
Salad bar			Green Salad
Dessert/Curd			Gulab Jamun
Date	17 September 2025	18 September 2025	19 September 2025
Day	Wednesday	Thursday	Friday
BREAKFAST			
Cereal	Aloo Payaz Paratha	Medu Wada Sambhar	Matar Kulcha
Hot savoury	Veg Dalia	Vermicilli Upma	Veg Panner Cutlet
Dip/Chutney/Pulse	Pickle	Green Chutney/ Coconut Chutney	Green Chutney/ Tomato Ketchup
Fruit/Bakery	Cut Papaya	Banana	Apple
Milk/Curd	Cornflacks with Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/Plain Milk
SNACKS			
Dispersal Snack	Chocochip Cookies	Apple	Banana
LUNCH			
Dal	Rajma Masala	Dal Makhni	Kadhi Pakoda
Rice	Steam Rice	Jeera Rice	Steam Rice
Vegetable	MixVeg	Paneer Lababdar	Achari Aloo
Chapati	Ghee Chapatti	Butter Chapatti	Butter Chapatti
Salad bar	Green salad	Green Salad	Kachumber Salad
Dessert/Curd	Boondi Raita	Cucumber Raita	Besan Burfi
Date	21 September 2025	22 September 2025	23 September 2025
Day	Sunday	Monday	Tuesday
BREAKFAST			
Cereal		Methi Thepla With Aloo Bhaji	Idli Sambhar
Hot savoury		Corn&cheese Sandwich	Vemicilli Upma
Dip/Chutney/Pulse		Toamato Ketchup	Green Chutney/ Coconut Chutney
Fruit/Bakery		Apple	Banana
Milk/Curd		Flavoured Milk/ Plain Milk	Hot Chocolate Milk/ Plain Milk

SNACKS			
Dispersal Snack	Banana	Chocolate Muffin	Apple
LUNCH			
Dal		Black Masoor Dal	Dal Dhaba
Rice		Steam Rice	Steam Rice
Vegetable		Tawa Veg	Adriki Gobhi Aloo
Chapati		Butter Chapatti	Butter Chapatti
Salad bar		Green Salad	Stick Salad
Dessert/Curd		Dahi Bhalla	Suji Halwa
Date	25 September 2025	26 September 2025	27 September 2025
Day	Thursday	Friday	Saturday
BREAKFAST			
Cereal	Veg Uttapum Sambhar	Mix Veg Paratha	
Hot savoury	Veg Rawa Upma	Coleslaw Sandwich	
Dip/Chutney/Pulse	Coconut Chutney & Tomato Chutney	Sprout Chaat	
Fruit/Bakery	Banana	Apple	
Milk/Curd	Boost Milk	Flavoured Milk/Plain Milk	
SNACKS			
Dispersal Snack	Ragi Cookies	Banana	
LUNCH			
Dal	Kadhi pakoda	Yellow Dal Tadka	
Rice	Steam Rice	Veg Pulao	
Vegetable	Hara Payaz Aloo	Herbs Potato	
Chapati	Butter Chapatti	Mix Sauce Pasta	
Salad bar	Green Salad	Green Salad	
Dessert/Curd	Cucumber Tomato Raita	Ice Cream	
Date	29 September 2025	30 September 2025	
Day	Monday	Tuesday	
BREAKFAST			
Cereal	Poori Choley Masala	Vegetable Besan Chilla	
Hot savoury	Suji Halwa	Veg Rawa Upma	
Dip/Chutney/Pulse	Pickle	Mint Chutney	
Fruit/Bakery	Banana	Cut Muskmelon	
Milk/Curd	Milk	Flavoured Milk/ Plain Milk	
SNACKS			
Dispersal Snack	Veg Puff	Banana	
LUNCH			
Dal	Rajma Rasila	Dal Dhaba	
Rice	Steam Rice	Zeera Rice	
Vegetable	Aloo Capsicum	Paneer Butter Masala	
Chapati	Butter Chapatti	Ghee Ragi Chapati	
Salad bar	Green Salad	Green Salad	
Dessert/Curd	Boondi raita	Jalebi	
ABOUT THE MENU			
Total Nutrition (approx One serve)	K calories	Protein	Carbs
Breakfast	Up to 600 kcal	up to 20 gm	up to 100 gm
Lunch	Up to 700 kcal	up to 25 gm	up to 120 gm
Special Note:			
AllFood 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.			

12 September 2025
Friday
Veg Uttapum Sambhar
Pea Nut Poha
Coconut Chutney, Green Chutney
Banana
Thandai Milk
Vanila Muffin
Moong Masoor Dal
Fried Rice
Veg Manvhurian
Veg Hakka Noodle
Corn Salad
Fruit Custard
16 September 2025
Tuesday
Kanjiwaram Idli Sambhar
Rawa Upma
Coconut Chutney
Cut Muskmelon
Thandai Milk
Banana
Lobia Dal
Steam Rice
Kadhai Paneer
Chapati
Corn salad
Jeera Aloo Raita
20 September 2025
Saturday
Samosa
Peanut Poha
Green Chutney
Cut Fruit
Tea
Yellow Dal Tadka
Tadka Rice
Karela Masala
Butter Chapatti
Green Salad
Veg Raita
24 September 2025
Wednesday
Ajwain Poori
Black Channa Curry
Sprout Chaat
Cut Papaya
Chocos with milk

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