



*Menu for
October 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 October 2025 | 02 October 2025 | 03 October 2025 | 04 October 2025 |
|-------------------|-----------------|----------------------|----------------------------|----------------------------|
| Day | Wednesday | Thursday | Friday | Saturday |
| BREAKFAST | | | | |
| Cereal | | | Idli Sambhar | Samosa |
| Hot savoury | | | Suji Upma | Peanut Poha |
| Dip/Chutney/Pulse | | | Coconut Chutney | Green Chutney |
| Fruit/Bakery | | | Banana | Cut Fruit |
| Milk/Curd | | | Cornflakes Milk | Tea |
| SNACKS | | | | |
| Dispersal snack | | | oats muffin | Banana |
| LUNCH | | | | |
| Dal | | | Urad Channa Dal | Yellow Dal Tadka |
| Rice | | | Jeera Rice | Tadka Rice |
| Vegetable | | | Kasori Mehi Aloo | Karela Masala |
| Chapati | | | Ghee Chapati | Butter Chapatti |
| Salad bar | | | Green Salad | Green Salad |
| Dessert/Curd | | | Mango Shrikhand | Veg Raita |
| Date | 05 October 2025 | 06 October 2025 | 07 October 2025 | 08 October 2025 |
| Day | Sunday | Monday | Tuesday | Wednesday |
| BREAKFAST | | | | |
| Cereal | | Mix Veg Paratha | Paneer Stuff Atta Kulcha | Veg Panner Cutlet |
| Hot savoury | | Vermacilli Upma | Sweet Dalia | Veg Sandwich |
| Dip/Chutney/Pulse | | Hung Curd Dip | Green Chutney | Tomato Chutney |
| Fruit/Bakery | | Apple | Cut Fruit | Banana |
| Milk/Curd | | Flavoured Milk/ Curd | Flavoured Milk/ Plain Milk | Flavoured Milk/ Plain Milk |

| SNACKS | | | | |
|-----------------|--|----------------|------------------|------------------------|
| Dispersal Snack | | Banana | Walnut Cake | Oats flex seed Cookies |
| LUNCH | | | | |
| Dal | | Lobia Dal | Black Masoor Dal | Dal Panchratan |
| Rice | | Steam Rice | Jeera Rice | Plain Rice |
| Vegetable | | Kadhai panner | Lauki Masala | Aloo Gobhi Matar |
| Chapati | | Ghee Chapatti | Ghee Chapati | Butter Chapati |
| Salad bar | | Kacumber Salad | Green Salad | Green Salad |
| Dessert/Curd | | Boondi Raita | Rice Kheer | Mix Veg Raita |

| Date | 09 October 2025 | 10 October 2025 | 11 October 2025 | 12 October 2025 |
|-------------------|--------------------------------|--------------------------------|---------------------------|-------------------------|
| Day | Thursday | Friday | Saturday | Sunday |
| BREAKFAST | | | | |
| Cereal | Methi Poori Zeera Aloo | Pav Bhaji | Bread Pakoda | |
| Hot savoury | Peanut Poha | Veg Masala Oats | Indori Poha | |
| Dip/Chutney/Pulse | Green Chutney | Tomato Chutney | Green Chutney | |
| Fruit/Bakery | Apple | Banana | Cut Fruit | |
| Milk/Curd | Cornflacks with Milk | Elaichi Milk | Tea | |
| SNACKS | | | | |
| Dispersal Snack | Banana | Chocolate Doughnut | Apple | |
| LUNCH | | | | |
| Dal | Channa Dal Tadka | Dal Makhani | Mix Dal | |
| Rice | Veg Biryani | Jeera Rice | Steam Rrice | |
| Vegetable | Dum Aloo Panjabi | Barbeque Vegetables | kururi bhindi | |
| Chapati | Ghee Oats Chapatti | Mix Sauce Pasta | Butter Chapatti | |
| Salad bar | Kachumber Salad | Mexican Corn Salad | Green Salad | |
| Dessert/Curd | Boondi Raita | Bread Pudding | Dahi Bhalla | |
| Date | 13 October 2025 | 14 October 2025 | 15 October 2025 | 16 October 2025 |
| Day | Monday | Tuesday | Wednesday | Thursday |
| BREAKFAST | | | | |
| Cereal | Veg Uttapum Sambhar | Grill Potato Sandwich | Palak Poori Aloo Bhaji | Kanjiwaram Idli Sambhar |
| Hot savoury | Rawa Upma | Masala Oats | Sewiyam Porridge | Rawa Upma |
| Dip/Chutney/Pulse | Coconut Chutney, Green Chutney | Green Chutney/ Coconut Chutney | Green Chutney | Coconut Chutney |
| Fruit/Bakery | Cut Fruit | Banana | Apple | Cut Muskmelon |
| Milk/Curd | Thandai Milk | Flavoured Milk/ Plain Milk | Flavoured Milk/Plain Milk | Thandai Milk |
| SNACKS | | | | |
| Dispersal Snack | Banana | Vanila Muffin | Multi Grain Cookies | Banana |
| LUNCH | | | | |
| Dal | Moong Masoor Dal | Kadhi Pakoda | Dal Maharani | Dhaba Dal |
| Rice | Fried Rice/ PI Rice | Steam Rice | Steam Rice | Steam Rice |
| Vegetable | Veg Manvhurian | Achari Aloo | Aloo Gobhi | Paneer Bhuna Masala |
| Chapati | Veg Hakka Noodle | Butter Chapatti | Butter Chapatti | Chapati |
| Salad bar | Corn Salad | Kachumber Salad | Green Salad | Corn salad |
| Dessert/Curd | Fruit Custard | Besan Burfi | Gulab Jamun | Jeera Aloo Raita |
| Date | 17 October 2025 | 18 October 2025 | 19 October 2025 | 20 October 2025 |
| Day | Friday | Saturday | Sunday | Monday |
| BREAKFAST | | | | |
| Cereal | Aloo Payaz Paratha | | | |
| Hot savoury | french Fries | | | |
| Dip/Chutney/Pulse | Pickle | | | |
| Fruit/Bakery | Suji Halwa | | | |
| Milk/Curd | Cornflacks with Milk/Curd | | | |
| SNACKS | | | | |
| Dispersal Snack | Chocochip Cookies | | | |

| LUNCH | | | | |
|-------------------|---------------------|--------------------|--------------------------------|---------------------------|
| Dal | Pindi Chole | | | |
| Rice | Steam Rice | | | |
| Vegetable | Mix Veg | | | |
| Chapati | Ghee Chapatti | | | |
| Salad bar | Laccha Onion | | | |
| Dessert/Curd | Boondi Raita | | | |
| Date | 21 October 2025 | 22 October 2025 | 23 October 2025 | 24 October 2025 |
| Day | Tuesday | Wednesday | Thursday | Friday |
| BREAKFAST | | | | |
| Cereal | | | | |
| Hot savoury | | | | |
| Dip/Chutney/Pulse | | | | |
| Fruit/Bakery | | | | |
| Milk/Curd | | | | |
| SNACKS | | | | |
| Dispersal Snack | | | | |
| LUNCH | | | | |
| Dal | | | | |
| Rice | | | | |
| Vegetable | | | | |
| Chapati | | | | |
| Salad bar | | | | |
| Dessert/Curd | | | | |
| Date | 25 October 2025 | 26 October 2025 | 27 October 2025 | 28 October 2025 |
| Day | Saturday | Sunday | Monday | Tuesday |
| BREAKFAST | | | | |
| Cereal | | | Idli Sambhar | Aloo Paratha |
| Hot savoury | | | Vemicilli Upma | Veg Dalia |
| Dip/Chutney/Pulse | | | Green Chutney/ Coconut Chutney | Sprout Chaat |
| Fruit/Bakery | | | Banana | Cut Papaya |
| Milk/Curd | | | Hot Chocolate Milk/ Plain Milk | Cornflacks with Milk/Curd |
| SNACKS | | | | |
| Dispersal Snack | | | Fruit Cack | Banana |
| LUNCH | | | | |
| Dal | | | Dal Dhaba | Palak Chana Dal |
| Rice | | | Steam Rrice | Steam Rice |
| Vegetable | | | Adriki Gobhi Aloo | Matar Paneer |
| Chapati | | | Butter Chapatti | Chapati |
| Salad bar | | | Stick Salad | Green Salad |
| Dessert/Curd | | | Suji Halwa | Mix Raita |
| Date | 29 October 2025 | 30 October 2025 | 31 October 2025 | |
| Day | Wednesday | Thursday | Friday | |
| BREAKFAST | | | | |
| Cereal | Poori Choley Masala | Aloo Pyaz Parantha | Veg Panner Cutlet | |

| | | | | |
|--|-------------------|----------------------------|-----------------------|-------------|
| Hot savoury | Suji Halwa | Veg Vermicilli | Veg Sandwich | |
| Dip/Chutney/Pulse | Pickle | Mint Chutney/ Pickle | Tomato Chutney | |
| Fruit/Bakery | Banana | Cut Muskmelon | Banana | |
| Milk/Curd | Milk | Flavoured Milk/ Plain Milk | Boost Milk | |
| | Apple | Banana | Doughnut | |
| SNACKS | | | | |
| LUNCH | | | | |
| Dal | Rajma Rasila | Dal Bukhara | Kadhi Pakoda | |
| Rice | Steam Rice | Zeera Rice | Steam Rice | |
| Vegetable | Aloo Capsicum | Paneer Butter Masala | Hara Payaz Aloo | |
| Chapati | Butter Chapatti | Ghee Ragi Chapati | Butter Chapatti | |
| Salad bar | Green Salad | Green Salad | Green Salad | |
| Dessert/Curd | Boondi raita | Mango Shirikhand | Cucumber Tomato Raita | |
| 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. | | | | |