



*Menu for
November
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 November 2025	02 November 2025	03 November 2025	04 November 2025
Day	Saturday 1	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Payaj Kachori		Idli Sambhar	Paneer Stuff Kulcha
Hot savoury	Bikaneri Poha		Suji Upma	Atta ka halwa
Dip/Chutney/Pulse	Mint Sauce, Lehsun Ki Chutney		Coconut Chutney	salsa sause
Fruit/Bakery	Cut Fruit		Banana	Apple
Milk/Curd	Tea		Cornflakes Milk	Flavoured Milk/ Plain Milk
SNACKS				
Dispersal snack			Oats flex seed Cookies	Banana
LUNCH				
Dal	Rajasthani Dal Tadka		Rajma Masala	Black Masoor Dal
Rice	Veg Dum Pulao		Steam Rice	Jeera Rice
Vegetable	Gutta Curry		Aloo Capsicum	Veg Handi
Chapati	Butter Chapatti		Butter Chapatti	Ghee Chapati
Salad bar	Kachumber Salad		Green Salad	Green Salad
Dessert/Curd	Jeera Aloo Raita		Mix Veg Raita	Phirni
Date	05 November 2025	06 November 2025	07 November 2025	08 November 2025
Day	Wednesday	Thursday	Friday	Saturday 2
BREAKFAST				
Cereal		Veg Panner Cutlet	Mix Veg Paratha	
Hot savoury		Veg Sandwich	Milk Dalia	
Dip/Chutney/Pulse		Tomato Chutney	Hung Curd Dip	
Fruit/Bakery		Apple	Banana	
Milk/Curd		Cornflakes with Milk	Flavoured Milk/ Plain Milk	
SNACKS				
Dispersal Snack		Banana	Dry Fruit Cack	
LUNCH				
Dal		Dal Panchratan	Lobia Dal	
Rice		Plain Rice	Steam Rice	
Vegetable		Aloo Gobhi Matar	Kadhai panner	
Chapati		Butter Chapati	Ghee Chapatti	
Salad bar		Green Salad	Stick Salad	
Dessert/Curd		Bathua Raita	Mango Shrikhand	

Date	09 November 2025	10 November 2025	11 November 2025	12 November 2025
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Pav Bhaji	Gobhi Payaj Aloo Paratha	Veg Uttapum Sambhar
Hot savoury		Veg Masala Oats	Veg Dalia	Peanut Poha
Dip/Chutney/Pulse		Tomato Chutney	Green Chutney	Green Chutney
Fruit/Bakery		Cut Papaya	Banana	Cut Fruit
Milk/Curd		Elaichi Milk	Plain Milk/Dahi	Thandai Milk
SNACKS				
Dispersal Snack		Chocolate Doughnut	Orange	Banana
LUNCH				
Dal		Mix Dal	Rajma Rasila	Dal Maharani
Rice		Jeera Rice	White Rice	Steam Rice
Vegetable		Matar Paneer	Tawa veg	Mehi Aloo
Chapati		Ghee Ragi Chapati	Butter Chapatti	Butter Chapatti
Salad bar		Green Salad	Green Salad	Green Salad
Dessert/Curd		Rice kheer with jaggery	Veg Raita	Besan Burfi
Date	13 November 2025	14 November 2025	15 November 2025	16 November 2025
Day	Thursday	Friday	Saturday 3	Sunday
BREAKFAST				
Cereal	Methi Poori Channa Masala	Methi Masala Poori with choley	Bread Pakoda	
Hot savoury	Rawa Upma	Milk Daliya	Indori Poha	
Dip/Chutney/Pulse	Green Chutney	, Green Chutney	Mint Sauce	
Fruit/Bakery	Apple	(Gulab jamun- K1,K2) & Banana	Cut Fruit	
Milk/Curd	Elaichi Milk	Horlicks Milk	Tea	
SNACKS				
Dispersal Snack	Banana	Multi Grain Cookies		
LUNCH				
Dal	Channa Dal Tadka	Arhar Dal Tadka	Veg Thai Curry	
Rice	Veg Biryani	Fried Rice/ plain Rice	Steam Rice	
Vegetable	Dum Aloo Panjabi	Veg Manchurian	Malai Kofta	
Chapati	Ghee Oats Chapatti	Veg Hakka Noodle	Chapati	
Salad bar	Kachumber Salad	Corn Salad	Kachumber Salad	
Dessert/Curd	Lauki Raita	Fruit Custard Pudding	Mix Veg Raita	
Date	17 November 2025	18 November 2025	19 November 2025	20 November 2025
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Aloo Payaj Paratha	Idli Sambhar	Matar Kulcha	Ragi Masala Poori Bhaji
Hot savoury	Sweet Dalia	Vermicelli Upma	Masala Oats	Rawa Upma
Dip/Chutney/Pulse	Pickle	Green Chutney/ Coconut Chutney	Green Chutney/ Tomato Ketchup	Tomato
Fruit/Bakery	Apple	Banana	Cut Papaya	Banana
Milk/Curd	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/Plain Milk	Chocolate Milk
SNACKS				
Dispersal Snack	Choco chip Cookies	Apple	Banana	
LUNCH				
Dal	Rajma Masala	Dal Makhani	Kadhi Pakoda	Yellow Dal Tadka
Rice	Steam Rice	Jeera Rice	Steam Rice	Tadka Rice
Vegetable	Ghiya Vegetable	Palak Paneer	Aloo Sarso Bhurji	Gajar Matar Aloo
Chapati	Ghee Chapatti	Butter Chapatti	Butter Chapatti	Butter Chapatti
Salad bar	Green salad	Green Salad	Kachumber Salad	Green Salad
Dessert/Curd	Fruit Raita	Cucumber Raita	Coconut Ladoo	Tomato Soup
Date	21 November 2025	22 November 2025	23 November 2025	24 November 2025
Day	Friday	Saturday 4	Sunday	Monday
BREAKFAST				

Cereal	Grill Potato Sandwich			Ajwain Poori
Hot savoury	Peanut Poha			Black Channa Curry
Dip/Chutney/Pulse	Green Chutney			Sprout Chaat
Fruit/Bakery	Cut Fruit			Banana
Milk/Curd	Cornflakes with Milk			Hollicks Milk
SNACKS				
Dispersal Snack	Banana			Chocolate Atta Muffin
LUNCH				
Dal	Dhaba Dal			Palak Chana Dal
Rice	Steam Rice			Steam Rice
Vegetable	Kadhai Paneer			Matar Paneer
Chapati	Chapati			Chapati
Salad bar	Corn salad			Green Salad
Dessert/Curd	Gulab Jamun			Veg Hot & Saur soup
Date	25 November 2025	26 November 2025	27 November 2025	28 November 2025
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Veg Uttapum Sambhar	Mix Veg Paratha	Methi Thepla With Aloo Bhaji	Kanjiwaram Idli Sambhar
Hot savoury	Veg Rawa Upma	Bread Butter Jam/ Peanut butter	Sabudana Porridge	Vermicelli Upma
Dip/Chutney/Pulse	Coconut & Tomato Chutney	Tomato Chutney	Mint Sauce	Green Chutney/ Coconut Chutney
Fruit/Bakery	Banana	Apple	Apple	Banana
Milk/Curd	Boost Milk	Flavoured Milk/Plain Milk	Flavoured Milk/ Plain Milk	Hot Chocolate Milk/ Plain Milk
SNACKS				
Dispersal Snack	Ragi Cookies	Banana	Dry Fruit Muffin	Orange
LUNCH				
Dal	Kadhi pakoda	Yellow Dal Tadka	Black Masoor Dal	Rajasthani Dal Tadka
Rice	Steam Rice	Veg Pulao	Steam Rice	Steam Rice
Vegetable	Hara Payaz Aloo	Herbs Potato	Ghiya Kofta	Adriki Gobhi Aloo
Chapati	Butter Chapatti	Mix Sauce Pasta	Butter Chapatti	Butter Chapatti
Salad bar	Green Salad	Green Salad	Green Salad	Stick Salad
Dessert/Curd	Cucumber Tomato Raita	Fruit Custard	Dahi Bhalla	Suji Halwa
Date	29 November 2025	30 November 2025		
Day	Saturday 5	Sunday		
BREAKFAST				
Cereal	Mix Pkoda Bhajia			
Hot savoury	Veg Sandwich			
Dip/Chutney/Pulse	Tomato Sauce \ Mint Sauce			
Fruit/Bakery	Cut Fruit			
Milk/Curd	Tea			
SNACKS				
Dispersal Snack				
LUNCH				
Dal	Peshawari Channa Masala			
Rice	Tadka Rice			
Vegetable	Sarso Ka Saag			
Chapati	Missi Riti			
Salad bar	Green Salad			
Dessert/Curd	Boondi 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.			