



**Menu for  
January  
2026**

"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 January 2026	Date	02 January 2026	Date	03 January 2026	Date	04 January 2026
Day	Thursday	Day	Friday	Day	Saturday 1	Day	Sunday

**BREAKFAST**

Cereal				
Hot savoury				
Dip/Chutney/Pulse				
Fruit/Bakery				
Milk/Curd				

**SNACKS**

Dispersal snack			
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**LUNCH**

Dal				
Rice				
Vegetable				
Chapati				
Salad bar				
Dessert/Curd				

Date	05 January 2026	Date	06 January 2026	Date	07 January 2026	Date	08 January 2026
Day	Monday	Day	Tuesday	Day	Wednesday	Day	Thursday

**BREAKFAST**

Cereal	Mix Veg Paratha	Matar Kulcha	Idli Sambhar	Tikona Paratha Aloo Bhaji
Hot savoury	Milk Dalia	Masala Oats	Rawa Upma	Veg Dalia
Dip/Chutney/Pulse	Salsa Sauce	, Green Chutney	Green Chutney / Tomota Chutney	, Green Chutney
Fruit/Bakery	Banana	Cut Papaya	Apple	Banana
Milk/Curd	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Chocos with Milk	Horlicks Milk
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup

**SNACKS**

Dispersal Snack	Apple	Coconut Cookies	Orange/Kinnu	Malti Grain Cookies
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**LUNCH**

<b>Dal</b>	Dal Makhni	Black Masoor Dal	Mix Dal	Peshawari Channa masala
<b>Rice</b>	Steam Rice	Jeera Rice	Steam Rice	Steam Rice
<b>Vegetable</b>	Gajar Matar Methi	Veg Kofta	Kadhai Paneer	Sarso Aloo Bhujia
<b>Chapati</b>	Ghee Chapatti	Ragi Ghee Chapati	Ghee Chapati	Butter Chapatti
<b>Salad bar</b>	Stick Salad	Green Salad	Sprout Salad	Green Salad
<b>Dessert/Curd</b>	Carrot Payasam	Bathua Raita	Bersan Burfi	Baked Patato Soup
<b>Date</b>	<b>09 January 2026</b>	<b>10 January 2026</b>	<b>11 January 2026</b>	<b>12 January 2026</b>
<b>Day</b>	<b>Friday</b>	<b>Saturday 2</b>	<b>Sunday</b>	<b>Monday</b>

### BREAKFAST

<b>Cereal</b>	Grill Paneer Veg Sandwich			Pav Bhaji
<b>Hot savoury</b>	Peanut Poha			Veg Dalia
<b>Dip/Chutney/Pulse</b>	Tomato Sauce			Tomato Chutney
<b>Fruit/Bakery</b>	Cut Fruit			Cut Papaya
<b>Milk/Curd</b>	Cornflakes with Milk			Elaichi Milk
	Tea/Ketchup			Tea/Pickle/Ketchup

### SNACKS

<b>Dispersal Snack</b>	Chocolate Oats Doughnut			Apple
<b>LUNCH</b>				

<b>Dal</b>	Kadhi Pakoda			Dal Makhni
<b>Rice</b>	Steam Rice			Steam Rice
<b>Vegetable</b>	Hara Payaz Aloo			Tawa veg
<b>Chapati</b>	Butter Chapatti			Butter Chapatti
<b>Salad bar</b>	Green Salad			Sprout Salad
<b>Dessert/Curd</b>	Gajar Ka Halwa			Lauki Raita
<b>Date</b>	<b>13 January 2026</b>	<b>14 January 2026</b>	<b>15 January 2026</b>	<b>16 January 2026</b>
<b>Day</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

### BREAKFAST

<b>Cereal</b>	Wada Sambhar		Methi Masala Poori Bhaji	Veg Uttapum Sambhar/Plain Uttapum
<b>Hot savoury</b>	Rawa Upma		Veg Dalia	Veg Moong Dal Khicdi
<b>Dip/Chutney/Pulse</b>	Green Chutney/ Tomota Chutney		Green Chutney	Coconut & Tomato Chutney
<b>Fruit/Bakery</b>	Cut Fruit		Banana	Apple
<b>Milk/Curd</b>	Plain Milk		Chocolate Milk	Boost Milk
	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup

### SNACKS

<b>Dispersal Snack</b>	Carrot Muffin		Dry Fruit Cake	Banana
<b>LUNCH</b>				

<b>Dal</b>	Mix Dal		Rajma Masala	Yellow Dal Tadka
<b>Rice</b>	Jeera Rice		Steam Rice	Tadka Rice
<b>Vegetable</b>	Matar Paneer		Mix Veg	Gobhi Matar
<b>Chapati</b>	Ghee Ragi Chapati		Ghee Chapatti	Butter Chapatti
<b>Salad bar</b>	Green Salad		Green salad	Green Salad
<b>Dessert/Curd</b>	Rice kheer with jaggery		Fruit Raita	Tomato Soup
<b>Date</b>	<b>17 January 2026</b>	<b>18 January 2026</b>	<b>19 January 2026</b>	<b>20 January 2026</b>
<b>Day</b>	<b>Saturday 3</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>

### BREAKFAST

<b>Cereal</b>	Samosa		Aloo Payaj Paratha	Bikaneri Poha
<b>Hot savoury</b>	Vermicelli Upma		Sabut Dana Khicdi	Veg Grill Sandwich
<b>Dip/Chutney/Pulse</b>	Green Chutney/ Tomato Chutney		Green Chutney/ Tomato Ketchup	Mint Sauce/Tomate Ketchup
<b>Fruit/Bakery</b>	Cut Fruit		Banana	Cut Fruit

<b>Milk/Curd</b>			Flavoured Milk/Plain Milk	Flavoured Milk/Plain Milk
	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
<b>SNACKS</b>				
<b>Dispersal Snack</b>			Apple	Banana
<b>LUNCH</b>				
<b>Dal</b>	Pindi Chole		Kadhi Pakoda	Dal Maharani
<b>Rice</b>	Steam Rice		Steam Rice	Steam Rice
<b>Vegetable</b>	Pumpkin Masala		Mehti Aloo	Palak Paneer
<b>Chapati</b>	Kahasta Poori		Butter Chapatti	Chapati
<b>Salad bar</b>	Green salad		Kachumber Salad	Kachumber Salad
<b>Dessert/Curd</b>	Jalebi		Gul Dana (Sweet Boondi)	Manchow Soup
<b>Date</b>	<b>21 January 2026</b>	<b>22 January 2026</b>	<b>23 January 2026</b>	<b>24 January 2026</b>
<b>Day</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday 4</b>
<b>BREAKFAST</b>				
<b>Cereal</b>	Idli Sambar	Methi Thepla With Aloo Bhaji	Veg Paneer Paratha	
<b>Hot savoury</b>	Vermicelli Upma	Sabudana Porridge	Masala Oats	
<b>Dip/Chutney/Pulse</b>	Green Chutney/ Toamato Chutney	Mint Sauce	Green Chutney/ Tomota Sauce	
<b>Fruit/Bakery</b>	Cut Papaya	Banana	Apple	
<b>Milk/Curd</b>	Hot Chocolate Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/Plain Milk	
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
<b>SNACKS</b>				
<b>Dispersal Snack</b>	Chocolate Atta Cookies	Orange/Kinnu	Dry Fruit Ragi Muffin	
<b>LUNCH</b>				
<b>Dal</b>	Rajma Rasila	Rajasthani Dal Tadka	Mexican Rice	
<b>Rice</b>	Steam Rice	Steam Rice	Herbs Potato	
<b>Vegetable</b>	Gobhi Matar Aloo	Tawa Veg	Mix Sauce Pasta	
<b>Chapati</b>	Butter Chapatti	Ragi Butter Chapatti	Manchow Soup	
<b>Salad bar</b>	Green Salad	Stick Salad	Green Salad	
<b>Dessert/Curd</b>	Bathua Raita	Suji Halwa	Fruit Custard Pudding	
<b>Date</b>	<b>25 January 2026</b>	<b>26 January 2026</b>	<b>27 January 2026</b>	<b>28 January 2026</b>
<b>Day</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>BREAKFAST</b>				
<b>Cereal</b>			Pav Bhaji	Ajwain Poori
<b>Hot savoury</b>			Pongal Khichdi	Black Channa Curry
<b>Dip/Chutney/Pulse</b>			Green Chutney/ Tomota Sauce	Sprout Chaat
<b>Fruit/Bakery</b>			Apple	Banana
<b>Milk/Curd</b>			Flavoured Milk/Plain Milk	Hollicks Milk
			Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
<b>SNACKS</b>				
<b>Dispersal Snack</b>			Multi Grain Cookies	Chocolate Atta Muffin
<b>LUNCH</b>				
<b>Dal</b>			Veg Biryani	Palak Chana Dal
<b>Rice</b>			Raita & Green Chutny	Steam Rice
<b>Vegetable</b>			Veg Machurian	Matar Paneer
<b>Chapati</b>			Singapuri Noodle	Ghee Chapati
<b>Salad bar</b>			Laccha Onoion	Green Salad
<b>Dessert/Curd</b>			Custard Pudding	Veg Hot & Saur soup
<b>Date</b>	<b>29 January 2026</b>	<b>30 January 2026</b>	<b>31 January 2026</b>	
<b>Day</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday 5</b>	
<b>BREAKFAST</b>				

<b>Cereal</b>	Idli Sambar	Muli Payaj Paratha	Kachori Bhaji	
<b>Hot savoury</b>	Suji Halwa	Milk Dalia	Masala Oats	
<b>Dip/Chutney/Pulse</b>	Mint Sauce	Tomato Chutney	Green Chutney/ Tomato Chutney	
<b>Fruit/Bakery</b>	Banana	Cut Fruit	Cut Fruit	
<b>Milk/Curd</b>	Hrlicks Milk	Cornflakes with Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
<b>SNACKS</b>				
<b>Dispersal Snack</b>	Banana Cake	Banana		
<b>LUNCH</b>				
<b>Dal</b>	Peshawari Channa Masala	Dhaba Dal	Lobia Masala	
<b>Rice</b>	Veg Pulao	Steam Rice	Steam Rice	
<b>Vegetable</b>	Sarso Ka Saag	Kadhai Paneer	Gobhi Aloo Adriki	
<b>Chapati</b>	Missi Roti	Butter Chapati	Butter Chapati	
<b>Salad bar</b>	Green Salad	Corn salad	Kachumber Salad	
<b>Dessert/Curd</b>	Boondi raita	Gulab Jamun	Suji Halwa	
<b>ABOUT THE MENU</b>				
<b>Total Nutrition (approx One serve)</b>	<b>K calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
<b>Breakfast</b>	Up to 600 kcal	up to 20 gm	up to 100 gm	Up to 10 gm
<b>Lunch</b>	Up to 700 kcal	up to 25 gm	up to 120 gm	Up to 20 gm
<b>Special Note:</b>				
<b>All Food preparations are in Mustard oil</b>				
<b>South Indian food and Halwas prepared in Desi Ghee</b>				
<b>Provide both options of Milk flavoured and plain without sugar.</b>				
<b>Jaggery will be available as a sugar substitute.</b>				