



**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	02 January 2026	03 January 2026	04 January 2026
Day	Thursday	Friday	Saturday 1	Sunday
BREAKFAST				
Cereal				
Hot savoury				
Dip/Chutney/Pulse				
Fruit/Bakery				
Milk/Curd				
SNACKS				
Dispersal snack				
LUNCH				
Dal				
Rice				
Vegetable				
Chapati				
Salad bar				
Dessert/Curd				
Date	05 January 2026	06 January 2026	07 January 2026	08 January 2026
Day	Monday	Tuesday	Wednesday	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
LUNCH				

Dal	Dal Makhni	Black Masoor Dal	Mix Dal	Peshawari Channa masala
Rice	Steam Rice	Jeera Rice	Steam Rice	Steam Rice
Vegetable	Gajar Matar Methi	Veg Kofta	Kadhai Paneer	Sarso Aloo Bhujia
Chapati	Ghee Chapatti	Ragi Ghee Chapati	Ghee Chapati	Butter Chapatti
Salad bar	Stick Salad	Green Salad	Sprout Salad	Green Salad
Dessert/Curd	Carrot Payasam	Bathua Raita	Bersan Burfi	Baked Patato Soup
Date	09 January 2026	10 January 2026	11 January 2026	12 January 2026
Day	Friday	Saturday 2	Sunday	Monday
BREAKFAST				
Cereal	Grill Paneer Veg Sandwich			Pav Bhaji
Hot savoury	Peanut Poha			Veg Dalia
Dip/Chutney/Pulse	Tomato Sauce			Tomato Chutney
Fruit/Bakery	Cut Fruit			Cut Papaya
Milk/Curd	Cornflakes with Milk			Elaichi Milk
	Tea/Ketchup			Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Chocolate Oats Doughnut			Apple
LUNCH				
Dal	Kadhi Pakoda			Dal Makhni
Rice	Steam Rice			Steam Rice
Vegetable	Hara Payaz Aloo			Tawa veg
Chapati	Butter Chapatti			Butter Chapatti
Salad bar	Green Salad			Sprout Salad
Dessert/Curd	Gajar Ka Halwa			Lauki Raita
Date	13 January 2026	14 January 2026	15 January 2026	16 January 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Wada Sambhar		Methi Masala Poori Bhaji	Veg Uttapum Sambhar/Plain Uttapum
Hot savoury	Rawa Upma		Veg Dalia	Veg Moong Dal Khicdi
Dip/Chutney/Pulse	Green Chutney/ Tomota Chutney		Green Chutney	Coconut & Tomato Chutney
Fruit/Bakery	Cut Fruit		Banana	Apple
Milk/Curd	Plain Milk		Chocolate Milk	Boost Milk
	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Carrot Muffin		Dry Fruit Cake	Banana
LUNCH				
Dal	Mix Dal		Rajma Masala	Yellow Dal Tadka
Rice	Jeera Rice		Steam Rice	Tadka Rice
Vegetable	Matar Paneer		Mix Veg	Gobhi Matar
Chapati	Ghee Ragi Chapati		Ghee Chapatti	Butter Chapatti
Salad bar	Green Salad		Green salad	Green Salad
Dessert/Curd	Rice kheer with jaggery		Fruit Raita	Tomato Soup
Date	17 January 2026	18 January 2026	19 January 2026	20 January 2026
Day	Saturday 3	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Samosa		Aloo Payaj Paratha	Bikaneri Poha
Hot savoury	Vermicelli Upma		Sabut Dana Khicdi	Veg Grill Sandwich
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney		Green Chutney/ Tomato Ketchup	Mint Sauce/Tomato Ketchup
Fruit/Bakery	Cut Fruit		Banana	Cut Fruit

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

Cereal	Idli Sambhar	Muli Payaj Paratha	Kachori Bhaji	
Hot savoury	Suji Halwa	Milk Dalia	Masala Oats	
Dip/Chutney/Pulse	Mint Sauce	Tomato Chutney	Green Chutney/ Tomato Chutney	
Fruit/Bakery	Banana	Cut Fruit	Cut Fruit	
Milk/Curd	Hrlicks Milk	Cornflakes with Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack	Banana Cake	Banana		
LUNCH				
Dal	Peshawari Channa Masala	Dhaba Dal	Lobia Masala	
Rice	Veg Pulao	Steam Rice	Steam Rice	
Vegetable	Sarso Ka Saag	Kadhai Paneer	Gobhi Aloo Adriki	
Chapati	Missi Roti	Butter Chapati	Butter Chapati	
Salad bar	Green Salad	Corn salad	Kachumber Salad	
Dessert/Curd	Boondi raita	Gulab Jamun	Suji Halwa	
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.				