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|  March 2026 | Did you know - The amount of food wasted globally could feed India's entire population |
| <p>"Healthy citizens are the greatest asset any country can have." - Winston</p> |  |

| Date | 01 March 2026 | 02 March 2026 | 03 March 2026 | 04 March 2026 |
|-------------------|-------------------------------|---------------------------------------|-------------------------------|----------------------------------|
| Day | Sunday | Monday | Tuesday | Wednesday |
| 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 March 2026 | 06 March 2026 | 07 March 2026 | 08 March 2026 |
| Day | Thursday | Friday | Saturday 1 | Sunday |
| BREAKFAST | | | | |
| Cereal | Ajwaini Poori Channa Masala | Tikona Paratha With Aloo Bhaji | Bread Pakoda | |
| Hot savoury | Veg Dalia | Vermeccelli | Batata Peas Poha | |
| Dip/Chutney/Pulse | Green Chutney | Mint Sauce | Green Chutney/ Tomato Chutney | |
| Fruit/Bakery | Banana | Banana | Cut Fruit | |
| Milk/Curd | Chocolate Milk | Flavoured Milk/ Plain Milk | | |
| | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | |
| SNACKS | | | | |
| Dispersal Snack | Orange/Kinnu | Dry Fruit Cake | | |
| LUNCH | | | | |
| Dal | Mixed Dal | Rajasthani Dal Tadka | Dhaba Dal | |
| Rice | Steam Rice | Steam Rice | Steam Rice | |
| Vegetable | Capsicum Aloo | Tawa Veg | Panner Curry | |
| Chapati | Ghee Chapatti | Ragi Butter Chapatti | Butter Chapatti | |
| Salad bar | Green salad | Stick Salad | Green Salad | |
| Dessert/Curd | Moong Dal Halwa | Mix Veg Raita | Boondi Raita | |
| Date | 09 March 2026 | 10 March 2026 | 11 March 2026 | 12 March 2026 |
| Day | Monday | Tuesday | Wednesday | Thursday |
| BREAKFAST | | | | |
| Cereal | Mix Veg Paratha | Matar Kulcha(Atta)/Aloo Parantha (k2) | Idli Sambhar | Grill Potato Sandwich |
| Hot savoury | Milk Dalia | Masala Oats | Rawa Upma | Vermicelli Upma |
| Dip/Chutney/Pulse | Salsa Sauce | Green Chutney | Coconut chutney | Tomato Sauce & Green Chutney |
| Fruit/Bakery | Banana | Cut Papaya | Banana | Apple |
| 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 | Multi Grain Cookies | Banana | Apple | Carrot Ragi+ Muffin |
| LUNCH | | | | |
| Dal | Dal Makhni | Black Masoor Dal | Rajmah Masala | Yellow Dal Tadka |
| Rice | Steam Rice | Jeera Rice | Steam Rice | Tadka Rice |
| Vegetable | Mix Veg | Lauki Tamatar Veg | Aloo Gobhi | Kadhai Panner |
| Chapati | Ghee Chapatti | Ragi Ghee Chapatti | Ghee Chapatti | Butter Chapatti |
| Salad bar | Stick Salad | Green Salad | Sprout Salad | Green Salad |
| Dessert/Curd | Carrot Pavasam | Veg Raita | Bersan Burfi | Tomato Soup |
| Date | 13 March 2026 | 14 March 2026 | 15 March 2026 | 16 March 2026 |
| Day | Friday | Saturday 2 | Sunday | Monday |
| BREAKFAST | | | | |
| Cereal | Aloo Payaj Paratha | | | Methi Masala Poori Channa Masala |
| Hot savoury | Pongal Khichdi | | | Rawa Upma |
| Dip/Chutney/Pulse | Green Chutney/ Tomato Ketchup | | | Tomato Chutney |
| Fruit/Bakery | Banana | | | Cut Fruit |
| Milk/Curd | Flavoured Milk/Plain Milk | | | Flavoured Milk/Plain Milk |

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|-------------------|-------------------------------|---------------------------|-----------------------------|----------------------------|
| | Tea/Pickle/Ketchup | | | Tea/Pickle/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | Chocolate Oats Doughnut | | | Banana |
| LUNCH | | | | |
| Dal | Kadhi Pakoda | | | Dal Maharani |
| Rice | Steam Rice | | | Steam Rice |
| Vegetable | baingan bharta matar | | | Palak Paneer |
| Chapati | Butter Chapatti | | | Chapati |
| Salad bar | Kachumber Salad | | | Kachumber Salad |
| Dessert/Curd | Boondi Laddo | | | Boondi Raita |
| Date | 17 March 2026 | 18 March 2026 | 19 March 2026 | 20 March 2026 |
| Day | Tuesday | Wednesday | Thursday | Friday |
| BREAKFAST | | | | |
| Cereal | Wada Sambhar | Aloo Payaz Paratha | Pav Bhaji | |
| Hot savoury | Rawra Upma | Veg Dalia | Pongal Khichdi | |
| Dip/Chutney/Pulse | Green Chutney/ Tomota Chutney | Green Chutney | Green Chutney/ Tomota Sauce | |
| Fruit/Bakery | Banana | Cut Papaya | Apple | |
| Milk/Curd | Plain Milk | Horlicks Milk | Flavoured Milk/Plain Milk | |
| | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | |
| SNACKS | | | | |
| Dispersal Snack | Chocolate Atta Cookies | Orange/Kinnu | Banana | |
| LUNCH | | | | |
| Dal | Choley Masala | Mix Dal | Veg Biryani | |
| Rice | Steam Rice | Jeera Rice | Herbs Potato | |
| Vegetable | Hara Payaz Aloo | Matar Paneer | Mix Sauce Pasta | |
| Chapati | Butter Chapatti | Ghee Chapati | Mix Veg Raita | |
| Salad bar | Green Salad | Green Salad | Green Salad | |
| Dessert/Curd | Besan Burfi | Jeera Aloo Raita | Fruit Custard Pudding | |
| Date | 21 March 2026 | 22 March 2026 | 23 March 2026 | 24 March 2026 |
| Day | Saturday 3 | Sunday | Monday | Tuesday |
| BREAKFAST | | | | |
| Cereal | Samosa | | Pav Bhaji | Idli Sambhar |
| Hot savoury | Peanut Poha | | Vermicilli Upma | Suji Halwa |
| Dip/Chutney/Pulse | Green Chutney/ Tomato Chutney | | Green Chutney | Sprout Chaat |
| Fruit/Bakery | Cut Fruit | | Banana | Banana |
| Milk/Curd | | | Flavoured Milk/ Plain Milk | Hrlicks Milk |
| | Tea/Pickle/Ketchup | | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | | | Apple | Orange / Kinnu |
| LUNCH | | | | |
| Dal | Lobia Masala | | Dhaba Dal | Peshawari Channa Masala |
| Rice | Steam Rice | | Steam Rice | Veg Pulao |
| Vegetable | Gobhi Aloo Adriki | | Kadhai Paneer | Palak Corn |
| Chapati | Butter Chapati | | Butter Chapati | Missi Roti |
| Salad bar | Kachumber Salad | | Corn salad | Green Salad |
| Dessert/Curd | Suji Halwa | | Lauki Raita | Gulab Jamun |
| Date | 25 March 2026 | 26 March 2026 | 27 March 2026 | 28 March 2026 |
| Day | Wednesday | Thursday | Friday | Saturday 4 |
| BREAKFAST | | | | |
| Cereal | Ajwain Poori | | Vegetable Dal Paratha | Samosa |
| Hot savoury | Black Channa Curry | | Indori Poha | Moong Dal Khicdi |
| Dip/Chutney/Pulse | Sprout Chaat | | Tomato Sauce | Green Chutney/Imli Chutney |
| Fruit/Bakery | Apple | | Apple | Cut Fruit |
| Milk/Curd | Flavoured Milk/ Plain Milk | | Hollicks Milk | |
| | Tea/Pickle/Ketchup | | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | Banana | | Chocolate Oats Doughnut | |
| LUNCH | | | | |
| Dal | Palak Chana Dal | | Kadhi Pakoda | Dal Makhni |
| Rice | Steam Rice | | Steam Rice | Tadka Rice |
| Vegetable | Matar Paneer | | Achari Aloo | Kathal Masala |
| Chapati | Ghee Chapati | | Butter Chapati | Butter Chapati |
| Salad bar | Green Salad | | Kachumber Salad | Green Salad |
| Dessert/Curd | Boondi raita | | Besan Burfi | Veg Raita |
| Date | 29 March 2026 | 30 March 2026 | 31 March 2026 | |
| Day | Sunday | Monday | Tuesday | |
| BREAKFAST | | | | |
| Cereal | | Grill Paneer Veg Sandwich | | |
| Hot savoury | | Peanut Poha | | |
| Dip/Chutney/Pulse | | Tomato Sauce | | |
| Fruit/Bakery | | Cut Fruit | | |
| Milk/Curd | | Cornflakes with Milk | | |
| | | Tea/Ketchup | | |
| SNACKS | | | | |
| Dispersal Snack | | Multi Grain Cookies | | |
| LUNCH | | | | |
| Dal | | Veg Biryani | | |
| Rice | | Mix Veg Raita | | |
| Vegetable | | Veg Machurian | | |
| Chapati | | Singapuri Noodle | | |
| Salad bar | | Laccha Onion | | |

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|-----------------------------------------------------------------|-------------------|-----------------|--------------|-------------|
| Dessert/Curd | | Custard Pudding | | |
| ABOUT THE MENU | | | | |
| Total Nutrition (approx One serve) | K calories | Protein | Carbs | Fat |
| Breakfast | Up to 600 keal | up to 20 gm | up to 100 gm | Up to 10 gm |
| Lunch | Up to 700 keal | 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. | | | | |