



"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 April 2026	02 April 2026	03 April 2026	04 April 2026
Day	Wednesday	Thursday	Friday	Saturday 1
<b>BREAKFAST</b>				
Cereal	Veg Uttapam	Ajwaini Poori		Kachori
Cereal-2	Sambhar	Channa Masala		Aloo Bhaji
Hot savoury	Rawa Upma	Veg Dalia		Vermicilli Upma
Dip/Chutney/Pulse	Coconut chutney	Green Chutney		Green Chutney/ Tomato Chutney
Fruit/Bakery	Banana	Apple		Cut Fruit
Milk/Curd	Chocos with Milk	Chocolate Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup
<b>SNACKS</b>				
Dispersal snack	Apple	Orange/Kinnu		
<b>LUNCH</b>				
Dal	Rajmah Masala	Mixed Dal		Dhaba Dal
Rice	Steam Rice	Steam Rice		Steam Rice
Vegetable	Aloo Gobhi	Kadhai Paneer		Achari Arbi
Chapati	Ghee Chapati	Ghee Chapatti		Butter Chapatti
Salad bar	Sprout Salad	Green salad		Green Salad
Dessert/Curd	Lauki Raita	Moong Dal Halwa		Boondi Raita
Date	05 April 2026	06 April 2026	07 April 2026	08 April 2026
Day	Sunday	Monday	Tuesday	Wednesday
<b>BREAKFAST</b>				
Cereal		Ajwaini Poori	Idli	Pav
Cereal-2		Aloo Bhaji	Sambhar	Bhaji
Hot savoury		Suji Halwa	Masala Oats	Vermicelli Upma
Dip/Chutney/Pulse		Mint Sauce	Tomato Chutnry	Tomato Sauce & Green Chutney
Fruit/Bakery		Cut Papaya	Banana	Apple
Milk/Curd		Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Horlicks Milk
		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
<b>SNACKS</b>				
Dispersal Snack		Dry Fruit Oats Cake	Apple	Carrot Ragi Muffin
<b>LUNCH</b>				
Dal		Rajasthani Dal Tadka	Kadhi Pakoda	Black Masoor Dal
Rice		Steam Rice	Steam Rice	Tadka Rice
Vegetable		Paneer Lababdar	Achari Aloo	Matar Panner
Chapati		Ragi Butter Chapatti	Ghee Chapatti	Butter Chapatti
Salad bar		Stick Salad	Kachumber Salad	Green Salad
Dessert/Curd		Mix Veg Raita	Gulab Jamun	Mango Shirikhand
Date	09 April 2026	10 April 2026	11 April 2026	12 April 2026
Day	Thursday	Friday	Saturday 2	Sunday
<b>BREAKFAST</b>				
Cereal	Mix Veg Paratha	Kulcha(Atta)		
Cereal-2		Dry Matar bhaji		
Hot savoury	Milk Dalia	Rawa Upma		
Dip/Chutney/Pulse	Salsa Sauce	Green Chutney/Red Chutney		
Fruit/Bakery	Banana	Cut Papaya		
Milk/Curd	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk		
	Tea/Pickle/Ketchup/Curd	Tea/Pickle/Ketchup		
<b>SNACKS</b>				

Dispersal Snack	Multi Grain Cookies	Banana		
<b>LUNCH</b>				
Dal	Dal Makhni	Pindi Chole		
Rice	Steam Rice	Jeera Rice		
Vegetable	Mix Veg	Lauki Tamatar Veg		
Chapati	Ghee Chapatti	Ragi Ghee Chapati		
Salad bar	Stick Salad	Green Salad		
Dessert/Curd	Boondi Raita	Veg Raita		
Date	13 April 2026	14 April 2026	15 April 2026	16 April 2026
Day	Monday	Tuesday	Wednesday	Thursday
<b>BREAKFAST</b>				
Cereal	Aloo Payaj Paratha		Grill Potato Paneer Sandwich	Methi Masala Poori
Cereal-2				Channa Masala
Hot savoury	Pongal Khichdi		Vermicelli Upma	Rawa Upma
Dip/Chutney/Pulse	Green Chutney/ Tomato Ketchup		Green Chutney/ Tomota Sauce	Tomate Chutney
Fruit/Bakery	Banana		Cut Fruit	Apple
Milk/Curd	Flavoured Milk/Plain Milk		Flavoured Milk/Plain Milk	Flavoured Milk/Plain Milk
	Tea/Pickle/Ketchup/Curd		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
<b>SNACKS</b>				
Dispersal Snack	Apple		Chocolate Oats Doughnut	Banana
<b>LUNCH</b>				
Dal	Kadhi Pakoda		Veg Biryani	Dal Maharani
Rice	Steam Rice		Herbs Potato	Steam Rice
Vegetable	Beans Aloo		Mix Sauce Pasta	Paneer Makhni
Chapati	Butter Chapatti		Mix Veg Raita	Chapati
Salad bar	Kachumber Salad		Green Salad	Kachumber Salad
Dessert/Curd	Besan Burfi		Fruit Custard Pudding	Boondi Raita
Date	17 April 2026	18 April 2026	19 April 2026	20 April 2026
Day	Friday	Saturday 3	Sunday	Monday
<b>BREAKFAST</b>				
Cereal	Medu Wada	Samosa		Aloo Payaz Paratha
Cereal-2	Sambhar			
Hot savoury	Rawa Upma	Peanut Poha		Veg Dalia
Dip/Chutney/Pulse	Green Chutney/ Tomota Chutney	Green Chutney/ Tomato Chutney		, Green Chutney
Fruit/Bakery	Banana	Cut Fruit		Cut Papaya
Milk/Curd	Plain Milk			Horlicks Milk
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup/Curd
<b>SNACKS</b>				
Dispersal Snack	Malti Grain Cookies			Apple
<b>LUNCH</b>				
Dal	Rajma Rasila	Lobia Masala		Mix Dal
Rice	Steam Rice	Steam Rice		Jeera Rice
Vegetable	Hara Payaz Aloo	Gobhi Aloo Adriki		Matar Paneer
Chapati	Butter Chapatti	Butter Chapati		Ghee Chapati
Salad bar	Green Salad	Kachumber Salad		Green Salad
Dessert/Curd	Cucumber Raita	Suji Halwa		Jeera Aloo Raita
Date	21 April 2026	22 April 2026	23 April 2026	24 April 2026
Day	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
Cereal	Idli	Pav	Ajwaini Poori	Veg Sandwich
Cereal-2	Sambhar	Bhaji	Black Channa Masala	
Hot savoury	Suji Halwa	Vermicelli Upma	Sweet Dalia	Peas Penut Poha
Dip/Chutney/Pulse	Sprout Chaat	Green Chutney	Green Chutney	Green Chutney
Fruit/Bakery	Banana	Apple	Banana	Cut Papaya
Milk/Curd	Hrlicks Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Strawberry Milk
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
<b>SNACKS</b>				
Dispersal Snack	Chocolate Muffin	Banana	Dry Fruit Cake	Apple
<b>LUNCH</b>				
Dal	Peshawari Channa Masala	Yellow Dal Fry	Dhaba Dal	Dal Maharani
Rice	Veg Pulao	Jeera Rice	Steam Rice	Steam Rice
Vegetable	Pumpkin Masala	Bhindi Do Payaza	Kadhai Paneer	Hing Dhaniya Aloo
Chapati	Missi Roti	Ghee Chapati	Butter Chapati	Ghee Chapati
Salad bar	Green Salad	Kachumber Salad	Corn salad	Stick Salad
Dessert/Curd	Gulab Jamun	Boondi Raita	Lauki Raita	Besan Burfi
Date	25 April 2026	26 April 2026	27 April 2026	28 April 2026
Day	Saturday 4	Sunday	Monday	Tuesday

BREAKFAST				
Cereal			Vegetable Dal Paratha	Grill Paneer Veg Sandwich
Hot savoury			Indori Poha	Vermicilli Upma
Dip/Chutney/Pulse			Tomato Sauce	Tomato Sauce /Green Chutney
Fruit/Bakery			Apple	Cut Fruit
Milk/Curd			Hollicks Milk	Cornflakes with Milk
			Tea/Pickle/Ketchup	Tea/Ketchup
SNACKS				
Dispersal Snack			Chocolate Oats Doughnut	Apple
LUNCH				
Dal			Rajma Masala	Veg Biryani
Rice			Steam Rice	Mix Veg Raita
Vegetable			Achari Aloo	Veg Machurian
Chapati			Butter Chapati	Singapuri Noodle
Salad bar			Kachumber Salad	Laccha Onion
Dessert/Curd			Starwberry Shirikhand	Custard Pudding
Date	29 April 2026	30 April 2026		
Day	Wednesday	Thursday		
BREAKFAST				
Cereal	Ajwain Poori	Mix Veg Paratha		
Cereal-2	Aloo Bhaji			
Hot savoury	Sprout Chaat	Oats Masala		
Dip/Chutney/Pulse	Green Chutney	Tomato Chutney		
Fruit/Bakery	Cut Fruit	Banana		
Milk/Curd	Flavoured Milk/ Plain Milk	Plain Milk		
	Tea/Pickle/Ketchup	Tea/Ketchup		
SNACKS				
Dispersal Snack	Banana	Fruit Cake		
LUNCH				
Dal	Palak Chana Dal	Dal Makhni		
Rice	Steam Rice	Jeera Rice		
Vegetable	Matar Paneer	Gobhi Aloo Adriki		
Chapati	Ghee Chapati	Ghee Chapati		
Salad bar	Green Salad	Stick Salad		
Dessert/Curd	Boondi raita	Tomato Soup		
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.				