

Did you know - The amount of food wasted globally could feed India's entire population



"Healthy citizens
are the greatest
asset any country
can have."
- Winston



Menu for
September 2026

Date	01 September 2026	02 September 2026	03 September 2026	04 September 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Idli	Veg Paneer Grill Sandwich	Daal Parantha	
Cereal-2	Sambhar	Bikaneri Poha	Oats Masala(Peppy Tomato)	
Hot savoury	Tomato Chutney	Green Chutney	Tomato Sauce & Green Chutney	
Dip/Chutney/Pulse	Vermicelli Upma	Apple	Cut Fruit	
Fruit/Bakery	Plain Milk	Plain Milk	Elaichi Milk	
Milk/Curd	Cut Fruit	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal snack	Banana	Multi Grain Cookies	Banana	
LUNCH				
Dal	Black Masoor Dal	Mix Dal	Yellow Arhar Daal	
Rice	Steamed Rice	Steam Rice	Jeera Rice	
Vegetable	Tawa Veg	Kadhai Paneer	Kurkuri Bhindi	
Chapati	Butter Chapatti	Ghee Chapatti	Missi Roti	
Salad bar	Green Salad	Green salad	Green Salad	
Dessert/Curd	Sweet Boondi	Dahi Bhalla with Saunth Chutney	Mix Raita	
Date	05 September 2026	06 September 2026	07 September 2026	08 September 2026
Day	Saturday (Staff)	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Moong Dal Chilla		Vegetables Cutlets	Uttapam
Cereal-2	Bikaneri Poha		Colleslaw Sandwich	Sambhar
Hot savoury	Green Chutney		Tomato Chutney	Sweet Dalia
Dip/Chutney/Pulse	Cut Fruit		Cut Fruit	Tomato Chutney
Fruit/Bakery	Tea		Elaichi Milk	Banana
Milk/Curd			Tea/Pickle/Ketchup	Thandai Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack			Raisins and Carrot Cake	Apple
LUNCH				
Dal	Chole		Rajmah Masala	Kadhi Pakora
Rice	Bhature		Steam Rice	Steam Rice
Vegetable	Kathal Biryani		Mix Veg	Bhindi Do pyaza
Chapati	Bhalla Papdi Chaat		Ghee Chapati	Ghee Chapatti
Salad bar	Laccha Onion		Sprout Salad	Kachumber Salad
Dessert/Curd	Boondi Raita		Lauki Raita	Mishti Dahi
Date	09 September 2026	10 September 2026	11 September 2026	12 September 2026
Day	Wednesday	Thursday	Friday	Saturday
BREAKFAST				
Cereal	Mix Veg Paratha	Poori	Atta Pav	
Cereal-2	Milk Dalia	Chole	Bhaji	
Hot savoury	Salsa Sauce	Suji Halwa	Pongal Khichdi	
Dip/Chutney/Pulse	Cut Papaya	Tomato Chutney	Green Chutney	
Fruit/Bakery	Kesar Milk	Apple	Cut Fruit	
Milk/Curd	Tea/Pickle/Ketchup/Curd	Plain Milk	Plain milk	
		Tea/Pickle/Ketchup/Curd	Tea/Ketchup	
SNACKS				

Dispersal Snack	Banana	Methi Matthi	Banana	
LUNCH				
Dal	Dhaba Dal	Red Masoor Daal	Veg Biryani	
Rice	Steam Rice	Steam Rice	Herbs Potato	
Vegetable	Paneer Lababdaar	Beans Aloo	Mix Sauce Pasta	
Chapati	Ghee Chapati	Ghee Chapatti	Mix Veg Raita	
Salad bar	Stick Salad	Stick Salad	Corn Salad	
Dessert/Curd	Jeera Raita	Dahi Bhalla with Sauth Chutney	Fruit Custard Pudding	
Date	13 September 2026	14 September 2026	15 September 2026	16 September 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Indori Poha	Idli	Tikona Paratha
Cereal-2		Grilled potato Sandwich	Sambhar	Kala Channa
Hot savoury		, Green Chutney	Sweet Dalia	Veg Dalia
Dip/Chutney/Pulse		Banana	Green Chutney/ Tomato Chutney	Green Chutney/ Tomato Sauce
Fruit/Bakery		Plain Milk	Banana	Cut Fruit
Milk/Curd		Tea/Pickle/Ketchup/Curd	Plain Milk	Plain Milk
			Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack		Boondi Laddoo	Apple	Banana
LUNCH				
Dal		Panjabi Dal Tadka	Dal Makhni	Rajma Masala
Rice		Jeera Rice	Steam Rice	Steam Rice
Vegetable		Matar Paneer	Gobhi Aloo	Mix Vegetable
Chapati		Ghee Chapati	Butter Chapatti	Ghee Chapatti
Salad bar		Kachumber Salad	Green Salad	Green Salad
Dessert/Curd		Boondi Laddoo	Cucumber Raita	Cucumber Raita
Date	17 September 2026	18 September 2026	19 September 2026	20 September 2026
Day	Thursday	Friday	Saturday (Staff)	Sunday
BREAKFAST				
Cereal	Veg Besan Chilla	Veg Paneer Stuffed Kulcha	Samosa	
Cereal-2	Veg Vermicelli Upma	Pongal Khichadi	Peanut Poha	
Hot savoury	Tomato Chutney Salsa	Tomato Sauce	Green Chutney/ Tomato Chutney	
Dip/Chutney/Pulse	Cut Fruit	Apple	Cut Fruit	
Fruit/Bakery	Plain Milk	Kesar Milk	Tea/Pickle/Ketchup	
Milk/Curd	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack	Banana	Jeera Cookies		
LUNCH				
Dal	Dal Panchratan	Veg Biryani	Lobia Masala	
Rice	Jeera Rice	Mix Veg Raita	Steam Rice	
Vegetable	Jeera Aloo	Veg Manchurian	Cabbage Matar	
Chapati	Ghee Chapati	Veg Noodle	Butter Chapati	
Salad bar	Green Salad	Laccha Onion	Kachumber Salad	
Dessert/Curd	Cucumber Raita	Ice Cream	Suji Halwa	
Date	21 September 2026	22 September 2026	23 September 2026	24 September 2026
Day	Monday	Tuesday	Wednesday	Thursday
Cereal	Poori	Medu Wada	Vegetables Cutlets	Mix Veg Paratha
Cereal-2	Aloo Bhaji	Sambhar	Coleslaw Sandwich	Sweet Dalia
Hot savoury	Suji Halwa	Rawa Upma	Tomato Chutney	Tomato Salsa Chutney
Dip/Chutney/Pulse	Green Chutney	Apple	Banana	Cut Papaya
Fruit/Bakery	Banana	Plain Milk	Elaichi Milk	Plain Milk
Milk/Curd	Plain Milk	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Fruit Cake	Banana	Apple	Banana
LUNCH				
Dal	Dal Maharani	Rajasthani Tadka Daal	Urad Channa Dal	Kadhi Pakoda
Rice	Jeera Rice	Jeera Rice	Steam Rice	Steam Rice
Vegetable	Capsicum Aloo	Tawa Veg	Kadhai Paneer	Achari Aloo
Chapati	Ragi Ghee Chapati	Ghee Chapati	Ghee Chapati	Ghee Chapati
Salad bar	Green Salad	Green Salad	Green Salad	Laccha Onion

Dessert/Curd	Veg Raita	cucumber raita	Boondi raita	Mix veg raita
Date	25 September 2026	26 September 2026	27 September 2026	28 September 2026
Day	Friday	Saturday	Sunday	Monday
BREAKFAST				
Cereal	Kulcha(Atta)			Paneer Veg Kathi Roll
Hot savoury	Matar bhaji			Green Chutney
Dip/Chutney/Pulse	Moong Dal Khiedi			Suji kheer/rice kheer with dry fruits
Fruit/Bakery	Green Chutney/Red Chutney			Pears
Milk/Curd	Apple			Plain Milk
	Elaichi Milk			Tea/Ketchup
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Banana			Banana
LUNCH				
Dal	Choley			Moong Masoor dal
Rice	Veg Rice			Tadka Rice
Vegetable	Aloo tamatar curry			Paneer Tikka Masala
Chapati	Bedami Poori			Butter Chapatti
Salad bar	Laccha Onion			Green Salad
Dessert/Curd	Gulab Jamun			Mango Shiri Khand
Date	29 September 2026	30 September 2026		
Day	Tuesday	Wednesday		
BREAKFAST				
Cereal	Plain Parantha	Atta Pav		
Cereal-2	Aloo Bhaji	Bhaji		
Hot savoury	Sprout Chaat	Curd Rice		
Dip/Chutney/Pulse	Green Chutney	Green Chutney		
Fruit/Bakery	Chocolate Milk	Cut Fruit		
Milk/Curd	Cut Fruit	Flavoured Milk/ Plain Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack	Apple	Chocolate Doughnuts		
LUNCH				
Dal	Rajma Rasila	Dal Bukhara		
Rice	Steam Rice	Jeera Rice		
Vegetable	Kasoori Methi Aloo	Veg Handi		
Chapati	Ghee Chapati	Ghee Chapati		
Salad bar	Corn Salad	Green Salad		
Dessert/Curd	Veg Raita	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.				
we provide plain milk to all students of Prek,Nursery K1 & K2.				