



*Menu for
May 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 May 2026 | 02 May 2026 | 03 May 2026 | 04 May 2026 |
|-------------------|-------------|-------------------------------|-------------|--------------------|
| Day | Friday | Saturday 1 | Sunday | Monday |
| BREAKFAST | | | | |
| Cereal | | Kachori | | Poori |
| Cereal-2 | | Aloo Bhaji | | Kala Channa |
| Hot savoury | | Vermicelli Upma | | Veg Dalia |
| Dip/Chutney/Pulse | | Green Chutney/ Tomato Chutney | | Green Chutney |
| Fruit/Bakery | | Cut Fruit | | Apple |
| Milk/Curd | | | | Chocolate Milk |
| | | Tea/Pickle/Ketchup | | Tea/Pickle/Ketchup |
| SNACKS | | | | |
| Dispersal snack | | | | Banana |
| LUNCH | | | | |
| Dal | | Dhaba Dal | | Mixed Dal |
| Rice | | Steamed Rice | | Steamed Rice |
| Vegetable | | Achhari Arbi | | Kadhai Paneer |
| Chapati | | Butter Chapatti | | Ghee Chapatti |
| Salad bar | | Green Salad | | Green salad |
| Dessert/Curd | | Boondi Raita | | Gulab Jamun |
| Date | 05 May 2026 | 06 May 2026 | 07 May 2026 | 08 May 2026 |
| Day | Tuesday | Wednesday | Thursday | Friday |
| BREAKFAST | | | | |

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|-------------------|-------------------------------|------------------------------|-------------------------|---------------------------|
| Cereal | Veg Uttapam | Aloo Payaz Paratha | Idli | Pav |
| Cereal-2 | Sambhar | Oats Masala | Sambhar | Bhaji |
| Hot savoury | Rawa Upma | Tomato Sauce & Green Chutney | Sweet Dalia | Pongal Khichdi |
| Dip/Chutney/Pulse | Coconut chutney | Cut Papaya | Tomato Chutney | Green Chutney |
| Fruit/Bakery | Banana | Sweet Lassi | Banana | Apple |
| Milk/Curd | Chocolate Cold Milk | Tea/Pickle/Ketchup | Thandai Milk | Horlicks Milk |
| | Tea/Pickle/Ketchup | | Tea/Pickle/Ketchup | Tea/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | Dry Fruit Oats Cake | Banana | Apple | Multi Grain Cookies |
| LUNCH | | | | |
| Dal | Rajmah Masala | Black Masoor Dal | Kadhi Pakora | Veg Biryani |
| Rice | Steamed Rice | Tadka Rice | Steamed Rice | Herbs Potato |
| Vegetable | Bhindi Kurkure | Matar Paneer | Mix Veg | Mix Sauce Pasta |
| Chapati | Ghee Chapati | Butter Chapatti | Ghee Chapatti | Mix Veg Raita |
| Salad bar | Sprout Salad | Green Salad | Kachumber Salad | Corn Salad |
| Dessert/Curd | Lauki Raita | Mango Shiri Khand | Besan Burfi | Fruit Custard Pudding |
| Date | 09 May 2026 | 10 May 2026 | 11 May 2026 | 12 May 2026 |
| Day | Saturday 2 | Sunday | Monday | Tuesday |
| BREAKFAST | | | | |
| Cereal | Samosa | | Mix Veg Paratha | Kulcha(Atta) |
| Cereal-2 | | | Milk Dalia | Matar bhaji |
| Hot savoury | Peanut Poha | | Salsa Sauce | Rawa Upma |
| Dip/Chutney/Pulse | Green Chutney/ Tomato Chutney | | Banana | Green Chutney/Red Chutney |
| Fruit/Bakery | Cut Fruit | | Strawberry Milk | Cut Papaya |
| Milk/Curd | | | Tea/Pickle/Ketchup/Curd | Sweet Lassi |
| | Tea/Pickle/Ketchup | | | Tea/Pickle/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | | | Ragi Muffin | Banana |
| LUNCH | | | | |
| Dal | Lobia Masala | | Kadhai Paneer | Pindi Chole |
| Rice | Steamed Rice | | Steamed Rice | Jeera Rice |
| Vegetable | Gobhi Aloo Adriki | | Dhaba Dal | Lauki Tamatar Veg |
| Chapati | Butter Chapati | | Ghee Chapatti | Ragi Ghee Chapati |
| Salad bar | Kachumber Salad | | Stick Salad | Green Salad |
| Dessert/Curd | Suji Halwa | | Thandi Phirmi | Veg Raita |
| Date | 13 May 2026 | 14 May 2026 | 15 May 2026 | 16 May 2026 |
| Day | Wednesday | Thursday | Friday | Saturday 3 |
| BREAKFAST | | | | |
| Cereal | Idli | Vegetables Cutlets | Coleslaw sandwich | |
| Cereal-2 | Sambhar | Semiya Upma | Bikaneri Poha | |

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|-------------------|-------------------------------|---------------------------|-----------------------------|-----------------------|
| Hot savoury | Moong Dal Khichdi | Tomato Chutney | Green Chutney/ Tomita Sauce | |
| Dip/Chutney/Pulse | Green Chutney/ Tomita Chutney | Apple | Banana | |
| Fruit/Bakery | Banana | Flavoured Milk/Plain Milk | Flavoured Milk/Plain Milk | |
| Milk/Curd | Plain Milk | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | |
| | Tea/Pickle/Ketchup | | | |
| SNACKS | | | | |
| Dispersal Snack | Apple | Banana | Chocolate Oats Doughnut | |
| LUNCH | | | | |
| Dal | Rajma Rasila | Dal Maharani | Pindi Chole | |
| Rice | Steamed Rice | Steamed Rice | Steamed Rice | |
| Vegetable | Khatta Mitha Petha | Paneer Makhani | Jeera Aloo | |
| Chapati | Butter Chapatti | Chapati | Bedmi Poori | |
| Salad bar | Green Salad | Kachumber Salad | Stick Salad | |
| Dessert/Curd | Cucumber Raita | Boondi Raita | Gulab Jamun | |
| Date | 17 May 2026 | 18 May 2026 | 19 May 2026 | 20 May 2026 |
| Day | Sunday | Monday | Tuesday | Wednesday |
| BREAKFAST | | | | |
| Cereal | | Masala Dosa | Aloo Payaz Paratha | Veg Sandwich |
| Cereal-2 | | Sambhar | Veg Dalia | Peas Peanut Poha |
| Hot savoury | | Pongal Khichdi | , Green Chutney | Green Chutney |
| Dip/Chutney/Pulse | | Tomato Chutney | Banana | Cut Papaya |
| Fruit/Bakery | | Apple | Horlicks Milk | Strawberry Lassi |
| Milk/Curd | | Thandai Milk | Tea/Pickle/Ketchup/Curd | Tea/Pickle/Ketchup |
| | | Tea/Pickle/Ketchup | | |
| SNACKS | | | | |
| Dispersal Snack | Malti Grain Cookies | Banana | Apple | Chocolate Oats Muffin |
| LUNCH | | | | |
| Dal | | Yellow Dal Fry | Mix Dal | Dhaba Dal |
| Rice | | Jeera Rice | Jeera Rice | Steamed Rice |
| Vegetable | | Bhindi Do Payaza | Matar Paneer | Mix Veg |
| Chapati | | Ghee Chapati | Ghee Chapati | Ghee Chapati |
| Salad bar | | Kachumber Salad | Green Salad | Stick Salad |
| Dessert/Curd | | Boondi Raita | Besan Burfi | Jeera Raita |
| Date | 21 May 2026 | 22 May 2026 | 23 May 2026 | 24 May 2026 |
| Day | Thursday | Friday | Saturday 4 | Sunday |
| BREAKFAST | | | | |
| Cereal | Idli | Pav | | |
| Cereal-2 | Sambhar | Bhaji | | |
| Hot savoury | Suji Halwa | Vermicelli Upma | | |
| Dip/Chutney/Pulse | Tomato Chutney | Green Chutney | | |
| Fruit/Bakery | Banana | Apple | | |

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|-------------------|-----------------------------|----------------------------|-------------|------------------------|
| Milk/Curd | Horlicks Milk | Flavoured Milk/ Plain Milk | | |
| | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | | |
| SNACKS | | | | |
| Dispersal Snack | Banana | Fruit Cake | | |
| LUNCH | | | | |
| Dal | Peshawari Channa Masala | Veg Biryani | | |
| Rice | Veg Pulao | Mix Veg Raita | | |
| Vegetable | Lauki aloo tamatar | Veg Manchurian | | |
| Chapati | Missi Roti | Veg Noodle | | |
| Salad bar | Green Salad | Laccha Onion | | |
| Dessert/Curd | Rice Kheer | Custard Pudding | | |
| Date | 25 May 2026 | 26 May 2026 | 27 May 2026 | 28 May 2026 |
| Day | Monday | Tuesday | Wednesday | Thursday |
| BREAKFAST | | | | |
| Cereal | Vegetable Dal Parantha | Ajwain Poori | | Veg Uthappam |
| Hot savoury | Indori Poha | Aloo Bhaji | | Sambhar |
| Dip/Chutney/Pulse | Tomato Sauce | Sprout Chaat | | Rawa Upma |
| Fruit/Bakery | Apple | Green Chutney | | Tomato Chutney |
| Milk/Curd | Hollicks Milk | Cut Fruit | | Banana |
| | Tea/Pickle/Ketchup | Tea/Pickle/Ketchup | | Plain Milk |
| | | | | Tea/Ketchup |
| SNACKS | | | | |
| Dispersal Snack | Chocolate Oats Doughnut | Banana | | Fruit Cake |
| LUNCH | | | | |
| Dal | Dal Makhani | Palak Chana Dal | | Dal Panchratan |
| Rice | Steamed Rice | Steamed Rice | | Jeera Rice |
| Vegetable | Kadhai Paneer | Matar Paneer | | Beans Aloo |
| Chapati | Butter Chapati | Ghee Chapati | | Ghee Chapati |
| Salad bar | Kachumber Salad | Green Salad | | Green Salad |
| Dessert/Curd | Lauki Raita | Boondi raita | | Strawberry Shiri Khand |
| Date | 29 May 2026 | 30 May 2026 | 31 May 2026 | |
| Day | Friday | Saturday 5 | Sunday | |
| BREAKFAST | | | | |
| Cereal | Grill Paneer Veg Sandwich | | | |
| Cereal-2 | Vermicelli Upma | | | |
| Hot savoury | Tomato Sauce /Green Chutney | | | |
| Dip/Chutney/Pulse | Cut Fruit | | | |
| Fruit/Bakery | Cornflakes with Milk | | | |
| Milk/Curd | Tea/Ketchup | | | |
| | | | | |
| SNACKS | | | | |

| Dispersal Snack | Fresh Fruit | Fruit Cake | | |
|--|-------------------|----------------|--------------|-------------|
| LUNCH | | | | |
| Dal | Rajma Masala | | | |
| Rice | Steamed Rice | | | |
| Vegetable | Gatta curry | | | |
| Chapati | Ghee Chapati | | | |
| Salad bar | Stick Salad | | | |
| Dessert/Curd | 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. | | | | |