

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
August 2026

Date	01 August 2026	02 August 2026	03 August 2026	04 August 2026
Day	Saturday 1 (staff)	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Grilled Aloo Sandwich		Daal Parantha	Veg Uttapam
Cereal-2	Black channa chaat		Oats Masala (Peppy Tomato)	Sambhar
Hot savoury	Vermicelli Upma		Tomato Sauce & Green Chutney	Suji Upma
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney		Cut Fruit	Coconut chutney
Fruit/Bakery	Cut Fruit		Elaichi Milk	Banana
Milk/Curd	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup	Plain Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal snack			Banana	Jeera cookies
LUNCH				
Dal	Dhaba Dal		Yellow Arhar Daal	Rajmah Masala
Rice	Steamed Rice		Jeera Rice	Steam Rice
Vegetable	Tawa Veg		Khatta Meetha Petha	Bhindi Do Payaza
Chapati	Butter Chapatti		Missi Roti	Ghee Chapatti
Salad bar	Green Salad		Green Salad	Sprout Salad
Dessert/Curd	Besan Burfi		Mix Raita	Lauki Raita
Date	05 August 2026	06 August 2026	07 August 2026	08 August 2026
Day	Wednesday	Thursday	Friday	Saturday 2
BREAKFAST				
Cereal	Veg Paneer Grill Sandwich		Atta Pav	
Cereal-2	Bikaneri Poha		Bhaji	
Hot savoury	Green Chutney		Pongal Khichdi	
Dip/Chutney/Pulse	Apple		Green Chutney	
Fruit/Bakery	Horlicks Milk		Cut Fruit	
Milk/Curd	Tea/Pickle/Ketchup		flavoured/plain milk	
		Tea/Pickle/Ketchup	Tea/Ketchup	
SNACKS				
Dispersal Snack	Banana	Pear	Chocolate Oats Muffin	
LUNCH				
Dal	Mix Dal		Kadhi Pakora	Veg Biryani
Rice	Steam Rice		Steam Rice	Mix Veg Raita
Vegetable	Kadhai Paneer		Mix Veg	Veg Manchurian
Chapati	Ghee Chapatti		Ghee Chapatti	Veg Noodle
Salad bar	Green salad		Kachumber Salad	Laccha Onion
Dessert/Curd	Dahi Bhalla with South Chutney		Mishti Dahi	Fruit Custard Pudding
Date	09 August 2026	10 August 2026	11 August 2026	12 August 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal			Medu Wada	Vegetables Cutlets
Cereal-2			Sambhar	Coleslaw Sandwich
Hot savoury			Rawa Upma	Tomato Chutney
Dip/Chutney/Pulse			Tomato Chutney	Cut Fruit
Fruit/Bakery			Apple	Elaichi Milk
Milk/Curd			Strawberry Milk	Tea/Pickle/Ketchup
		Tea/Pickle/Ketchup/Curd		Tea/Pickle/Ketchup/Curd
SNACKS				
Dispersal Snack		Multi Grain cookies	Apple	Banana
LUNCH				
Dal			Beans Aloo	Pindi Chole
Rice			Steam Rice	Jeera Rice
Vegetable			Red Masoor Daal	Ghiya kofta
Chapati			Ghee Chapatti	Ragi Ghee Chapatti
Salad bar			Stick Salad	Green Salad
Dessert/Curd			Boondi Raita	Veg Raita
Date	13 August 2026	14 August 2026	15 August 2026	16 August 2026
Day	Thursday	Friday	Saturday	Sunday
BREAKFAST				
Cereal			Idli	Kulcha (Atta)
Cereal-2			Sambhar	Matar bhaji
Hot savoury			Moong Dal Khichdi	Namkeen Dalia
Dip/Chutney/Pulse			Green Chutney/ Tomato Chutney	Green Chutney/ Sambar
Fruit/Bakery			Banana	Banana
Milk/Curd			Plain Milk	Flavoured Milk/Plain Milk
			Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack			Pears	Tricolour laddoo
LUNCH				
Dal			Dal Makhni	Choley
Rice			Steam Rice	Veg Rice
Vegetable			Kurkuri Bhindi	Aloo tamatar curry
Chapati			Butter Chapatti	Bedami Poori
Salad bar			Green Salad	Boondi Raita
Dessert/Curd			Cucumber Raita	Tricolour laddoo
Date	17 August 2026	18 August 2026	19 August 2026	20 August 2026

Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Tikona Paratha	Veg Uttapam	Indori Poha	Veg Paneer Stuffed Kulcha
Cereal-2	Kala Channa	Sambhar	Grilled potato Sandwich	Pongal Khichadi
Hot savoury	Veg Dalia	Rawa Upma	Green Chutney	Tomato Sauce
Dip/Chutney/Pulse	Green Chutney/ Tomato Sauce	Tomato Chutney	Banana	Apple
Fruit/Bakery	Banana	Cut Fruit	Hershey Milk /Plain Milk	Kesar Milk
Milk/Curd	Plain Milk	Plain Milk	Tea/Pickle/Ketchup/Curd	Tea/Pickle/Ketchup
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack	Banana	Chocolate Doughnuts	Pears	Banana
LUNCH				
Dal	Dal Panchratan	Lauki Tamatar Veg	Rajasthani Tadka Daal	Kondroo Aloo Bhujia
Rice	Jeera Rice	Jeera Rice	Jeera Rice	Steam Rice
Vegetable	Jeera Aloo	Matar Paneer	Tawa Veg	Kadhai Paneer
Chapati	Ghee Chapati	Ghee Chapati	Ghee Chapati	Ghee Chapati
Salad bar	Green Salad	Kachumber Salad	Green Salad	Green Salad
Dessert/Curd	Cucumber Raita	Boondi Raita	Rice kheer with dry fruits	Boondi raita
Date	21 August 2026	22 August 2026	23 August 2026	24 August 2026
Day	Friday	Saturday	Sunday	Monday
Cereal	Poori Aloo			Atta Pav
Cereal-2	Semiya Upma			Bhaji
Hot savoury	Green Chutney			Curd Rice
Dip/Chutney/Pulse	Cut Papaya			Green Chutney
Fruit/Bakery	Plain Milk			Cut Fruit
Milk/Curd	Tea/Pickle/Ketchup			Flavoured Milk/ Plain Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Multigrain Cookies			Banana
LUNCH				
Dal	Veg Biryani			Moong Masoor dal
Rice	Herbs Potato			Tadka Rice
Vegetable	Mix Sauce Pasta			Paneer Tikka Masala
Chapati	Mix Veg Raita			Butter Chapatti
Salad bar	Corn Salad			Green Salad
Dessert/Curd	Kesar Phirni			Mango Shiri Khand
Date	25 August 2026	26 August 2026	27 August 2026	28 August 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Ajwain Poori		Veg Kathi Roll	
Hot savoury	Aloo Bhaji		Green Chutney	
Dip/Chutney/Pulse	Sprout Chaat		Sweet Dalia	
Fruit/Bakery	Green Chutney		Pears	
Milk/Curd	Chocolate Milk		Elaichi milk	
	Cut Fruit		Tea/Ketchup	
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Banana		Banana	
LUNCH				
Dal	Dhaba Dal		Kadhi Pakoda	
Rice	Steam Rice		Steam Rice	
Vegetable	Mix Veg		Kurkuri Bhindi	
Chapati	Ghee Chapati		Ghee Chapati	
Salad bar	Strick Salad		Laccha Onion	
Dessert/Curd	Jeera Raita		Mix veg raita	
Date	29 August 2026	30 August 2026	31 August 2026	
Day	Saturday (staff)	Sunday	Monday	
BREAKFAST				
Cereal	Samosa		Kulcha (Atta)	
Cereal-2	Peanut Poha		Matar bhaji	
Hot savoury	Green Chutney/ Tomato Chutney		Moong Dal Khicdi	
Dip/Chutney/Pulse	Cut Fruit		Green Chutney/Red Chutney	
Fruit/Bakery	Tea/Pickle/Ketchup		Apple	
Milk/Curd			Elaichi Milk	
			Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack			Banana	
LUNCH				
Dal	Lobia Masala		Peshawari Chole	
Rice	Steam Rice		Jeera Rice	
Vegetable	Mix Vegetable		Parwal Aloo	
Chapati	Butter Chapati		Ghee Chapati	
Salad bar	Kachumber Salad		Green Salad	
Dessert/Curd	Suji Halwa		Boondi Raita	
ABOUT THE MENU				
Total Nutrition (approx One	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 Pre K, Nursery, K1 & K2.				

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