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 November 2026

Date	01 November 2026	02 November 2026	03 November 2026	04 November 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Veg Paneer Grill Sandwich	Dal Parantha	Idli
Cereal-2		Bikaneri Poha	Oats Masala	Sambhar
Hot savoury		Tomato Sauce & Green Chutney	Tomato Sauce & Green Chutney	Tomato Chutney
Dip/Chutney/Pulse		Apple	Cut Fruit	Vermicelli Upma
Fruit/Bakery		Plain Milk	Elaichi Milk	Plain Milk
Milk/Curd		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Banana
				Tea/Pickle/Ketchup
SNACKS				
Dispersal snack		Multi Grain Cookies	Banana	Apple
LUNCH				
Dal		Mix Dal	Yellow Arhar Daal	Black Masoor Dal
Rice		Steam Rice	Jeera Rice	Steamed Rice
Vegetable		Kadhai Paneer	Methi Aloo	Tawa Veg
Chapati		Ghee Chapatti	Missi Roti	Butter Chapatti
Salad bar		Green salad	Green Salad	Green Salad
Dessert/Curd		Dahi Bhalla with Saunth Chutney	Mix Raita	Boondi Raita
Date	05 November 2026	06 November 2026	07 November 2026	08 November 2026
Day	Thursday	Friday	Saturday 1	Sunday
BREAKFAST				
Cereal	Poori			
Cereal-2	Chole			
Hot savoury	Suji Halwa			
Dip/Chutney/Pulse	Tomato Chutney			
Fruit/Bakery	Apple			
Milk/Curd	Plain Milk			
	Tea/Pickle/Ketchup/Curd			
SNACKS				
Dispersal Snack	Banana			
LUNCH				
Dal	Rajmha Masala			
Rice	Steam Rice			
Vegetable	Gobhi Matar Aloo			
Chapati	Ghee Chapati			
Salad bar	Green Salad			
Dessert/Curd	Lauki Raita			
Date	09 November 2026	10 November 2026	11 November 2026	12 November 2026
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal				Uttapum
Cereal-2				Sambhar
Hot savoury				Veg Dalia
Dip/Chutney/Pulse				Tomato Chutney
Fruit/Bakery				Banana
Milk/Curd				Thandai Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack				Methi Matthi
LUNCH				
Dal				Kadhi Pakora
Rice				Steam Rice
Vegetable				Matar Aloo Dry
Chapati				Ghee Chapatti
Salad bar				Kachumber Salad

Dessert/Curd				Gulab Jamun
Date	13 November 2026	14 November 2026	15 November 2026	16 November 2026
Day	Friday	Saturday 2	Sunday	Monday
BREAKFAST				
Cereal	Atta Pav			Tikona Paratha
Cereal-2	Bhaji			Aloo Bhaji
Hot savoury	Pongal Khichdi			Veg Dalia
Dip/Chutney/Pulse	Green Chutney			Green Chutney/ Tomato Sauce
Fruit/Bakery	Cut Fruit			Cut Fruit
Milk/Curd	Plain milk			Plain Milk
	Tea/Ketchup			Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Banana			Orrange / Kinnu
LUNCH				
Dal	Veg Biryani			Rajmha Rasila
Rice	Herbs Potato			Steam Rice
Vegetable	Mix Sauce Pasta			Gajar Matar Aloo
Chapati	Mix Veg Raita			Ghee Chapatti
Salad bar	Corn Salad			Green Salad
Dessert/Curd	Fruit Custard Pudding			Mix Veg Raita
Date	17 November 2026	18 November 2026	19 November 2026	20 November 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Idli	Indori Poha	Aloo Payaz Paratha	Veg Paneer Stuffed Kulcha
Cereal-2	Sambhar	Veg Kathi Roll	Veg Vermicilli Upma	Pongal Khichadi
Hot savoury	Sweet Dalia	, Green Chutney	Green Chutney	Tomato Sauce
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney	Apple	Cut Fruit	Apple
Fruit/Bakery	Banana	Plain Milk	Plain Milk	Kesar Milk
Milk/Curd	Plain Milk	Tea/Pickle/Ketchup/Curd	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Oats Muffin	Banana	Orrange / Kinnu	Atta Cookies
LUNCH				
Dal	Dal Panchratan	Panjabi Dal Tadka	Dal Makhni	Veg Biryani
Rice	Tadka Rice	Jeera Rice	Steam Rice	Mix Veg Raita
Vegetable	Baingan Bharta	Matar Paneer	Gobhi Aloo	Veg Manchurian
Chapati	Ghee Chapati	Ghee Chapati	Butter Chapatti	Veg Noodle
Salad bar	Green Salad	Kachumber Salad	Green Salad	Laccha Onion
Dessert/Curd	Cucumber Raita	Besan Burfi	Bathua Raita	Fruit Custard Pudding
Date	21 November 2026	22 November 2026	23 November 2026	24 November 2026
Day	Saturday 3 (Staff)	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Samosa		Mix Veg Paratha	
Cereal-2	Peanut Poha		Sweet Dalia	
Hot savoury	Green Chutney/ Tomato Chutney		Green Chutney	
Dip/Chutney/Pulse	Cut Fruit		Cut Papaya	
Fruit/Bakery	Tea/Pickle/Ketchup		Plain Milk	
Milk/Curd			Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack			Apple	
LUNCH				
Dal	Pindi Chole		Kadhi Pakoda	
Rice	Steam Rice		Steam Rice	
Vegetable	Mix Veg		Sarso Aloo Bhurji	
Chapati	Butter Chapati		Ghee Chapati	
Salad bar	Kachumber Salad		Kachumber Salad	
Dessert/Curd	Suji Halwa		Sweet Boondi	
Date	25 November 2026	26 November 2026	27 November 2026	28 November 2026
Day	Wednesday	Thursday	Friday	Saturday 4
BREAKFAST				
Cereal	Methi Poori	Uttapam	Atta Pav	Khasta Kachori
Hot savoury	White Channa Masala	Sambhar	Bhaji	Bhaji
Dip/Chutney/Pulse	Suji Halawa	Sweet Dalia	Curd Rice	Masala Khicdi
Fruit/Bakery	Green Chutney	Green Chutney	Green Chutney	Tea/Pickle/Ketchup
Milk/Curd	Banana	Cut Papaya	Cut Fruit	
	Plain Milk	Plain Milk	Flavoured Milk/ Plain Milk	
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack	Orrange / Kinnu	Banana	Multi Grain Fruit Cake	
LUNCH				

Dal	Rajasthani Tadka Daal	Dal Dhaba	Pindi Choley	Kala Channa Masala
Rice	Jeera Rice	Steam Rice	Steam Rice	Veg Pulao
Vegetable	Sarson Ka Saag	Kadhai Paneer	Aloo tamatar curry	Aloo Bhujia
Chapati	Missi Roti	Ghee Chapati	Bedami Poori	Ghee Chapati
Salad bar	Green Salad	Green Salad	Laccha Onion	Sirka Onion
Dessert/Curd	Cucumber raita	Lauki Raita	Gulab Jamun	Jalebi
Date	**29 November 2026**	**30 November 2026**		
Day	Sunday	Monday		
BREAKFAST				
Cereal		Plain Parantha		
Cereal-2		Aloo Bhaji		
Hot savoury		Sprout Chaat		
Dip/Chutney/Pulse		Green Chutney		
Fruit/Bakery		Chocolate Milk		
Milk/Curd		Cut Fruit		
		Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack		Chocolate Doughnuts		
LUNCH				
Dal		Rajma Rasila		
Rice		Steam Rice		
Vegetable		Methi Aloo		
Chapati		Ghee Chapati		
Salad bar		Corn Salad		
Dessert/Curd		Veg 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.				