



Lunch Menu, October - 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 HOLIDAY ON ACCOUNT OF GANDHI JAYANTI	3 DAL PARANTHA, DAHI BHALLA , SAUNTH, ALOO MATAR RASSEDAR, CARROT BEANS PULAO, GREEN SALAD	4 DAL MAKHANI , BHINDI KURKURE, SPINACH ROTI, RICE, KUCHUMBAR SALAD	5 MATAR PANEER , ARHAR DAAL, BEETROOT ROTI, RICE, GREEN SALAD, RICE KHEER	6 PAO BHAJI, GREEN CHUTNEY , VEG BIRYANI, GRATED CUCUMBER RAITA , BOILED KALA CHANA SALAD	7 CHOLEY, BHATURE, ZEERA RICE, TANDOORI SALAD
9 RAJMAH, MIXED VEGETABLE, SPINACH ROTI, RICE, CUCUMBER & BEETROOT SALAD, LEMONADE	10 NUTRI-MATAR CURRY, PALAK CORN RICE, ROTI, GREEN SALAD, BANANA/ORANGE	11 CHANA DAL TADKA, VEGETABLE KORMA, BEETROOT ROTI, VEG PULAO, GREEN SALAD, FRUIT CUSTARD	12 PANEER KATHI ROLL , HYDERABADI VEG BIRYANI, CUMIN RAITA , GREEN DIP , CUCUMBER CARROT SALAD	13 HOT & SOUR SOUP, VEG CHOWMEIN, VEG MANCHURIAN, VEG FRIED RICE, CUCUMBER & CORN SALAD	14 OFF
16 KALA CHANA RASSEDAR, MATAR-PANEER BHURJI , ROTI, RICE, KACHUMBAR SALAD	17 SAMBHAR, VADA, LEMON RICE , MOONG SPROUTS SALAD, COCONUT CHUTNEY, KESARI HALWA	18 KADHI PAKORA , ALOO METHI, ROTI, RICE, CUCUMBER BEETROOT SALAD	19 TOMATO SHORBA, MIX DAL, GOBHI MATAR, ROTI, RICE, GREEN SALAD, BANANA	20 WHITE CHANA, PALAK PURI, KADDU JHOL, ZEERA PULAO, KACHUMBAR SALAD, AATE KA HALWA	21 OFF
23 AUTUMN BREAK	24 AUTUMN BREAK	25 BAKED VEGETABLES , GARLIC BREAD, VEG. PASTA IN RED SAUCE , MEXICAN RICE, GREEK SALAD	26 RAJMAH MASALA, GAJAR MUTTER, SPINACH ROTI, RICE, CUCUMBER, RADISH SALAD	27 KALI MASOOR DAL, KATHAL MASALA, ROTI, RICE, GREEN SALAD, BANANA/ORANGE	28 KHICHDI, BESAN KE GATTE , PAPAD, ROTI/ LACHCHA PARANTHA, SALAD
30 PANCHRATAN DAL, MIXED VEGETABLE, ROTI, RICE, TEMPERED RAITA , GREEN SALAD	31 DAL TADKA, CAPSICUM PANEER , ROTI, VEG BIRYANI, GREEN SPROUTS SALAD, BOONDI RAITA				

Allergy Statement: The food highlighted in blue and green items contains lactose or nuts. Avoid if the child has



Disclaimer: The menu may change according to the availability of raw materials.