

**HXLS - SEC 64  
LUNCH MENU May 2026**

DATE	28-Apr-26	29-Apr-26	30-Apr-26	01-May-26	02-May-26	03-May-26
DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
MENU	Chole Masala Kulcha Matar Pulao Mixed Raita Salad Sticks Papad	Panchmel Dal Chatpata Jeera Aloo Rice Ragi 10% roti Lauki Raita Fruit Chaat	Rajma Jeera rice Jowar 10% roti Tinda Masala Salad Mint Lemonade	Moong Masoor Dal Bhindi Ragi 10% roti Steamed Rice Mix Raita Salad	Macroni Hotpot Cheese Corn Cutlets Garlic Bread Ice Tea Fruit Custard	Dal Tadka Lauki Kofta Ragi 10% roti Steamed Rice Fresh Salad Gulab Jamun
	Nutritional Values Energy = 568.51 Kcal Carbohydrates = 80.09gms Proteins = 18.54 gms Fats = 19.1 gms Calcium = 259.92mgs Iron = 7.5 mgs Magnesium = 155.47 mgs	Nutritional Values Energy = 607.47 Kcal Carbohydrates = 97.12gms Proteins = 20.88 gms Fats = 14.66 gms Calcium = 185.36 mgs Iron = 5.38 mgs Magnesium = 152.47 mgs	Nutritional Values Energy = 538.55 Kcal Carbohydrates = 75.46 gms Proteins = 19.73 gms Fats = 17.33 gms Calcium = 212.77mgs Iron = 4.31 mgs Magnesium = 118.25 mgs	Nutritional Values Energy = 578.23 Kcal Carbohydrates = 90.37 gms Proteins = 21.52gms Fats = 14.39 gms Calcium = 240.89 mgs Iron = 5.78 mgs Magnesium = 185.21 mgs	Nutritional Values Energy = 740.61 Kcal Carbohydrates = 92.7 gms Proteins = 28.33 gms Fats = 28.28gms Calcium = 163.11mgs Iron = 4.66 mgs Magnesium = 95.19 mgs	Nutritional Values Energy = 650.50 Kcal Carbohydrates = 91.98 gms Proteins = 24.39 gms Fats = 20.53 gms Calcium = 93.43mgs Iron = 7.21mgs Magnesium = 152.1mgs
DATE	04-May-26	05-May-26	06-May-26	07-May-26	08-May-26	09-May-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Kadhi Kurkuri Bhindi Ragi 10% roti Jeera Rice Fresh Salad	Pao Veg bhaji Veg Biryani Mix Raita Watermelon Slices	Dal Makhani Shahi Paneer Jowar 10% roti Jeera Rice Green Salad	Poori, Rasse wale aloo Khatta Meetha Kaddu Boondi raita Rice Kachumber Salad	Noodles Manchurian Fried Rice Chili Paneer Ice Rooch Afza Cream	Paneer Butter Masala Arhar Dal Ragi 10% roti Jeera Rice Salad Jeera Curd
	Nutritional Values Energy = 496.10Kcal Carbohydrates = 75.69 gms Proteins = 17.46 gms Fats = 13.49 gms Calcium = 116.56 mgs Iron = 3.86 mgs	Nutritional Values Energy = 474.63 Kcal Carbohydrates = 61.64 gms Proteins = 11.73 gms Fats = 20.41 gms Calcium = 192.6 mgs Iron = 3.07 mgs	Nutritional Values Energy = 840.3 Kcal Carbohydrates = 110.87gms Proteins = 27.11 gms Fats = 32.14 gms Calcium = 254.99 mgs Iron = 7.38 mgs	Nutritional Values Energy = 424.22 Kcal Carbohydrates = 56.06 gms Proteins = 10.43 gms Fats = 17.78 gms Calcium = 118.06gms Iron = 1.89 mgs Magnesium = 66.09 mgs	Nutritional Values Energy = 786.23 Kcal Carbohydrates = 97.34 gms Proteins = 20.37 gms Fats = 34.88gms Calcium = 336.03mgs Iron = 2.51 mgs Magnesium =	Nutritional Values Energy = 714.98 Kcal Carbohydrates = 92.15 gms Proteins = 30.75 gms Fats = 24.78 gms Calcium = 418.34 mgs Iron = 9.14 mgs
DATE	11-May-26	12-May-26	13-May-26	14-May-26	15-May-26	16-May-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Kala Channa Curry Aloo Beans Jeera Rice Ragi 10% Roti Kheera Raita Green Salad	Kali masoor Dal Achari Arbi Jowar 10% Roti Steamed Rice Mint Lemonade	Thai curry Steamed Rice Chana Ghiya Dal Stir Fried Veggies Stick Salad	Moong Masur Dal Ghiya Masala Jowar 10% roti Steamed Rice Mix raita Salad	Idli ( Plain & Veg ) Curd Rice Sambar Coconut Chutney Tomato Chutney Tempered Salad Makhana Rice Kheer	
	Nutritional Values Energy = 520.61 Kcal Carbohydrates = 76.17gms Proteins = 19.58 gms Fats = 15.23 gms Calcium = 219.81mgs Iron = 5.64 mgs Magnesium = 151.42 mgs	Nutritional Values Energy = 626.15 Kcal Carbohydrates = 99.58 gms Proteins = 22.05 gms Fats = 15.71gms Calcium = 106.64mgs Iron = 5.9 mgs Magnesium = 166.31mgs	Nutritional Values Energy = 642.19 Kcal Carbohydrates = 78.66 gms Proteins = 25.27 gms Fats = 24.99 gms Calcium = 84.9 mgs Iron = 5.02 mgs Magnesium = 114.15 mgs	Nutritional Values Energy = 602.17 Kcal Carbohydrates = 90.1 gms Proteins = 25.8 gms Fats = 15.36 gms Calcium = 198.44mgs Iron = 6.21 mgs Magnesium = 157.26mgs	Nutritional Values Energy = 719.02 Kcal Carbohydrates = 92.5 gms Proteins = 27.7 gms Fats = 26.24 gms Calcium = 252.73 mgs Iron = 7.53 mgs Magnesium = 171.8mgs	
DATE	18-May-26	19-May-26	20-May-26	21-May-26	22-May-26	23-May-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Dal Tadka Aloo Jeera Jowar 10% roti Steamed Rice Muskmelon Slices	Kathal Biryani Dal Paratha Green Chutney Boondi Raita Fresh Aam Panna		Panchmel Dal Mix Veg Ragi 10% roti Jeera Rice Salad Jal Jeera	Taco Wrap Falafel Hummus Pita Stir fried veg Mango Shake	
	Nutritional Values Energy = 574.72 Kcal Carbohydrates = 94.31 gms Proteins = 20.16 gms Fats = 12.99 gms Calcium = 109.11mgs Iron = 7.26 mgs Magnesium = 123.04 mgs	Nutritional Values Energy = 465.91Kcal Carbohydrates = 64.2 gms Proteins = 11.61 gms Fats = 17.96 gms Calcium = 110.07mgs Iron = 1.89 mgs Magnesium = 61.93 mgs	Holiday	Nutritional Values Energy = 564.33 Kcal Carbohydrates = 85.63 gms Proteins = 23.8 gms Fats = 13.83gms Calcium = 80.3mgs Iron = 4.63 mgs Magnesium = 117.86 mgs	Nutritional Values Energy = 987.42 Kcal Carbohydrates = 133.7 gms Proteins = 33.8 gms Fats = 35.5gms Calcium = 564.9mgs Iron = 21.16 mgs Magnesium = 301.4mgs	
DATE	25-May-26	26-May-26	27-May-26	28-May-26	29-May-26	30-May-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY