

HXLS - SEC 64
LUNCH MENU July 2026

DATE	29-Jun-26	30-Jun-26	01-Jul-26	02-Jul-26	03-Jul-26	04-Jul-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU				Arhar Dal Bhindi Ragi 10% Roti Rice Cucumber Raita Salad	Pav Bhaji Veg Biryani Paushtik Raita Fruit Curd	
				Nutritional Values Calories= 561.37 Kcal Carbohydrates = 85.49 gms Protein= 23.48 gms Fats = 14.26 gms Calcium= 190.7 mg Iron = 7.27mg Magnesium= 140.8 mg	Nutritional Values Calories= 511.61 Kcal Carbohydrates = 60.44gms Protein= 14.59gms Fats = 23.51 gms Calcium= 300.1mg Iron = 3.07mg Magnesium= 93.34mg	
DATE	06-Jul-26	07-Jul-26	08-Jul-26	09-Jul-26	10-Jul-26	11-Jul-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Rajma Tinda Masala Jowar 10% Rice Mix Raita Salad	Dal Makhani Paneer Lababdar Jowar 10% Roti Jeera Rice Garden Salad Gulab Jamun	Moong Masoor Dal Ajwaini Arbi Jowar 10% Roti Steam Rice Boondi Raita	Chana Ghiya Dal Mix Veg Jowar 10% Roti Rice Green Salad	Pain / Veg Idli Uttapam Sambar Lemon Rice Coconut Chutney Tempered Salad	
	Nutritional Values Calories= 559.8 Kcal Carbohydrates = 80.22gms Protein= 21.48gms Fats = 17.15 gms Calcium= 276.77mg Iron = 6.4mg Magnesium= 145.25mg	Nutritional Values Calories= 735.3 Kcal Carbohydrates = 97.8gms Protein= 31.22gms Fats = 24.14 gms Calcium= 295.8mg Iron = 7.08mg Magnesium= 197.75mg	Nutritional Values Calories= 598.3Kcal Carbohydrates = 93.77 gms Protein= 23.21gms Fats = 14.4gms Calcium= 222mg Iron = 6.38mg Magnesium= 168.52 mg	Nutritional Values Calories= 604.91Kcal Carbohydrates = 84.19 gms Protein= 22.18gms Fats = 20.47 gms Calcium= 130.96 mg Iron = 4.08 mg Magnesium= 125.05 mg	Nutritional Values Calories= 988.45 Kcal Carbohydrates = 111.27 gms Protein= 38.29 gms Fats = 44.17 gms Calcium= 165.76 mg Iron = 6.8 mg Magnesium= 187.1mg	
DATE	13-Jul-26	14-Jul-26	15-Jul-26	16-Jul-26	17-Jul-26	18-Jul-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Chana Curry Lauki Masala Ragi 10% Roti Jeera Rice Mix Salad	Green Moong Dal Baingan Bharta Ragi 10% Roti Steam Rice Mango Lassi	Lobia Dry Parval Aloo Ragi 10% Roti Jeera Rice Cucumber Raita	Yellow and Black Dal Karela Aloo(Small Cut) Ragi 10% Roti Steam Rice Salad Chaach	Noodles Veg Manchurian Fried Rice Chilli Paneer Brownie	
	Nutritional Values Calories= 508.39Kcal Carbohydrates = 72.51gms Protein= 9.05 gms Fats = 15.49 gms Calcium= 200 mg Iron = 6.15 mg Magnesium= 149.45 mg	Nutritional Values Calories= 570.1 Kcal Carbohydrates = 79.5gms Protein= 20.69gms Fats = 19.17 gms Calcium= 141.38 mg Iron = 11.16 mg Magnesium= 105.94 mg	Nutritional Values Calories= 538.4 Kcal Carbohydrates = 75.45 gms Protein= 19.67gms Fats = 17.35gms Calcium= 214.2 mg Iron = 3.6 mg Magnesium= 18.97 mg	Nutritional Values Calories= 579.45Kcal Carbohydrates = 88.32 gms Protein= 23.5 gms Fats = 14.9gms Calcium= 172.49 mg Iron = 5.3mg Magnesium= 178.8 mg	Nutritional Values Calories= 876.45Kcal Carbohydrates = 119.6gms Protein= 25.1 gms Fats = 32.84 gms Calcium= 279.49mg Iron = 4.4mg Magnesium= 106.95mg	
DATE	20-Jul-26	21-Jul-26	22-Jul-26	23-Jul-26	24-Jul-26	25-Jul-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Dal Makhani Aloo Paratha Matra Pulao Curd Salad Mint Lemonade	Paneer Bhurji Nutri Aloo Gravy (Small Nutri) Jowar 10% Roti Rice Kheera & Tomato Raita	Kadhi Kurkuri Bhindi Jowar 10% Roti Jeera Rice Salad	Panchmel Dal Aloo Capsicum Jowar 10% Roti Steam Rice Paushtik Raita Banana	Macaroni Hotpot Paneer Sandwich Mexican Rice Fruit Custard with Basil Seed	
	Nutritional Values Calories= 667.63 Kcal Carbohydrates = 90.59 gms Protein= 23.87 gms Fats = 23.21 gms Calcium= 198.84 mg Iron = 5.88mg Magnesium= 161.69 mg	Nutritional Values Calories= 621.68 Kcal Carbohydrates = 76.33 gms Protein= 37.38gms Fats = 18.65 gms Calcium= 389.24 mg Iron = 11.26 mg Magnesium= 75.22mg	Nutritional Values Calories= 496.32Kcal Carbohydrates = 75.57gms Protein= 17.52gms Fats = 13.47 gms Calcium= 110.13 mg Iron = 4.57 mg Magnesium= 141.51mg	Nutritional Values Calories= 625.17Kcal Carbohydrates = 103.86 gms Protein= 19.9gms Fats = 14.61 gms Calcium= 190.15 mg Iron = 11.18 mg Magnesium= 159.39 mg	Nutritional Values Calories= 747.2Kcal Carbohydrates = 111.89 gms Protein= 20.68 gms Fats = 23.67 gms Calcium= 335.61 mg Iron = 6.87 mg Magnesium= 149.5 mg	
DATE	27-Jul-26	28-Jul-26	29-Jul-26	30-Jul-26	31-Jul-26	01-Aug-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Kali Masoor Dal Aloo Beans Jowar 10% Roti Steam Rice Mix Salad	Rajma Sukha Aloo Matar Jowar 10% Rice Steam Rice Green Salad Mint Raita	Dal Tadka Mix Veg Ragi 10% Roti Rice Chaach	Ajwaini Puri Aloo Banarasi Khatta Meetha Kaddu Veg Pulao Curd	HOLIDAY	
	Nutritional Values Calories= 540.29Kcal Carbohydrates = 85.29 gms Protein= 20.7gms Fats = 12.72 gms Calcium= 74.32 mg Iron = 5.34 mg Magnesium= 161.5 mg	Nutritional Values Calories= 546.3Kcal Carbohydrates = 81 gms Protein= 19.54 gms Fats = 19.99 gms Calcium= 197 mg Iron = 5.82mg Magnesium= 199.39 mg	Nutritional Values Calories= 536.9 Kcal Carbohydrates = 86.61 gms Protein= 24.25gms Fats = 11.14 gms Calcium= 114.91 mg Iron = 5.73 mg Magnesium= 112.89 mg	Nutritional Values Calories= 424.22Kcal Carbohydrates = 56.06 gms Protein= 10.43gms Fats = 17.78 gms Calcium= 118.06 mg Iron = 1.89 mg Magnesium= 66.09 mg		