



HXLS - 62
LUNCH MENU, AUG '2026



WEEK	WEEK - 1					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE	3	4	5	6	7	8
MENU	MUNG SABUT DAAL, ACHARI ARBI MASALA, CHAPATI, CUMIN RICE, SPROUTS SALAD, LEMONADE	KALA CHANA GRAVY, TINDA ALOO MASALA, BEETROOT CHAPATI, STEAMED RICE, SEASONAL FRUIT	CHANA DAAL TADKA, KURKURI BHINDI, CHAPATI, STEAMED RICE, CHAACH	BANARSI ALOO, KHATTA MEETHA KADDU, AJWAINI POORI, STEAMED RICE, KALA CHANNA SALAD	GARLIC BREAD, VEG. MACRONI, CHILLY PANEER GRAVY, VEG. FRIED RICE, CHOCOCHIP BROWNIE	RAJAMA, MASALA ALOO, JEERA RICE, CHAPATI, ICE CREAM, COLD MACRONI SALAD
NUTRITIONAL VALUE	Nutrition (Approx.):760 kcal Protein 22 g Carbs 123 g Fat 20 g	Nutrition (Approx.):730 kcal Protein 22 g Carbs 117 g Fat 18 g	Nutrition (Approx.): 710 kcal Protein 22 g Carbs 102 g Fat 22 g	Nutrition (Approx.):880 kcal Protein 19 g Carbs 136 g Fat 30 g	Nutrition (Approx.):1,060 kcal Protein 30 g Carbs 138 g Fat 43 g	Nutrition (Approx.):980 kcal Protein 24 g Carbs 145 g Fat 35 g
WEEK	WEEK - 2					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE	10	11	12	13	14	15
MENU	KADHI PAKODA, ALOO TUK, CHAPATI, JEERA RICE, SEASONAL FRUIT	DAAL BUKHARA, PANEER DO PYAZA, STEAMED RICE, CHAPATI, CORN SALAD	IDLI, SAMBHAR, TEMPERED PEANUT LEMON RICE, COCONUT DIP, KESARI RAWA	DAAL TADKA, ALOO PYAAZ KARELA, CUMIN RICE, BEETROOT CHAPATI, CUMIN RAITA	VEG. MANCHURIAN GRAVY, FRIED RICE (TRI-COLOUR), STREET STYLE NOODLES, ASIAN CUCUMBER SESAME SALAD, COCONUT BURFI (TRI-COLOUR)	OFF
NUTRITIONAL VALUE	Nutrition (Approx.):790 kcal Protein 16 g Carbs 123 g Fat 25 g	Nutrition (Approx.):910 kcal Protein 32 g Carbs 96 g Fat 41 g	Nutrition (Approx.): 820 kcal Protein 18 g Carbs 131 g Fat 26 g	Nutrition (Approx.):740 kcal Protein 21 g Carbs 108 g Fat 22 g	Nutrition (Approx.):1,020 kcal Protein 22 g Carbs 150 g Fat 37 g	
WEEK	WEEK - 3					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE	17	18	19	20	21	22
MENU	GATTA CURRY (SEMI DRY), RAJASTHANI DAAL, JODHPURI PULAO, CHAPATI, SPROUTS SALAD	DAAL DHABA, VEGETABLE KOFTA, STEAMED RICE, CHAPATI, WHITE CHANNA SALAD, MINT RAITA	RAJMA MASALA, PARVAL ALOO, STEAMED RICE, CHAPATI (10% JOWAR), BOONDI LADOO	LASONI DAL, KADHAI VEG, CHAPATI, STEAMED RICE, BUTTER MILK	WHITE CHANNA CURRY, WHOLE WHEAT KULCHA, MASALA PULAO, TOMATO SALAN, KACHUMAR SALAD, CHAACH	CHANA DAAL KHICHDI, MIX PAKODA, MINT DIP, VEGETABLE PANEER PARANTHA, TEMPERED BEETROOT RAITA
NUTRITIONAL VALUE	Nutrition (Approx.):810 kcal Protein 24 g Carbs 116 g Fat 26 g	Nutrition (Approx.):840 kcal Protein 27 g Carbs 112 g Fat 29 g	Nutrition (Approx.): 900 kcal Protein 23 g Carbs 132 g Fat 30 g	Nutrition (Approx.):700 kcal Protein 22 g Carbs 103 g Fat 19 g	Nutrition (Approx.):860 kcal Protein 25 g Carbs 128 g Fat 24 g	Nutrition (Approx.):950 kcal Protein 28 g Carbs 120 g Fat 39 g
WEEK	WEEK - 4					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE	24	25	26	27	28	29
MENU	SOYA CHAAP MASALA, MIX VEG., STEAMED RICE, CHAPATI (10% JOWAR), SEASONAL FRUIT	MOONG MASOOR DAAL, SOYA NUTRI MATAR, STEAMED RICE, BEETROOT CHAPATI, CHOCOLATE MUFFINS	LAUKI CHANA DAAL, PARVAL ALOO, JEERA RICE, CHAPATI (10% JOWAR), CORN SALAD, CUMIN RAITA	BHAJI, PAO, VEG. BIRYANI, CUMIN RAITA, BESAN LADOO	RAKSHA BANDHAN	OFF
NUTRITIONAL VALUE	Nutrition (Approx.):730 kcal Protein 18 g Carbs 114 g Fat 20 g	Nutrition (Approx.):920 kcal Protein 35 g Carbs 118 g Fat 34 g	Nutrition (Approx.):920 kcal Protein 35 g Carbs 118 g Fat 34 g	Nutrition (Approx.):980 kcal Protein 22 g Carbs 146 g Fat 36 g		
WEEK	WEEK - 5					
DAY	MONDAY					
DATE	31					
MENU	SMOKEY DAAL MAKHANI, PANEER BHURJI, CUMIN RICE, CHAPATI (10% JOWAR), CUMIN RAITA					
NUTRITIONAL VALUE	Nutrition (Approx.):890 kcal Protein 33 g Carbs 94 g Fat 41 g					



DISCLAIMER: THE MENU MAY CHANGE ACCORDING TO THE AVAILABILITY OF RAW MATERIALS.

ALLERGY STATEMENT: THE FOOD HIGHLIGHTED IN BLUE AND GREEN ITEMS CONTAINS LACTOSE OR NUTS, AVOID IF THE CHILD HAS ANY.

