

HXLS - SEC 64 | LUNCH MENU AUGUST 2026

Weekly lunch menu with daily nutritional values (per serving)

	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	3-Aug-26	4-Aug-26	5-Aug-26	6-Aug-26	7-Aug-26	8-Aug-26
Menu	Rasa Kala Chana, Chatpata Jeera Aloo, Jowar 10% Roti, Steamed Rice, Cucumber Salad , Mixed Raita	Moong Masoor Dal, Mix Veg, Jowar 10% Roti, Rice, Boondi Raita	Panchmel Dal, Kadhai Paneer, Jowar 10% Roti, Jeera Rice, Banana	Kadhi, Kurkuri Bhindi, Jowar 10% Roti, Steamed Rice, Green Salad	Veg Manchurian , Noodles, Fried Rice, Chilli Paneer, Banana Cake slice	
Calories (kcal)	544.30	566.34	716.86	511.49	876.45	
Carbs (g)	81.00	88.25	104.11	78.01	119.60	
Protein (g)	91.54	20.66	26.16	17.11	25.10	
Fat (g)	15.99	14.54	21.63	14.40	32.84	
Calcium (mg)	197.00	13.05	166.20	120.50	297.49	
Iron (mg)	5.82	4.19	6.28	3.64	4.30	
Magnesium (mg)	149.39	115.40	122.80	131.82	106.95	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	10-Aug-26	11-Aug-26	12-Aug-26	13-Aug-26	14-Aug-26	15-Aug-26
Menu	Dal Dhaba, Aloo Beans, Ragi 10% Roti, Steamed Rice, Garden Salad, Chaach	Matar Kulcha, Veg Biryani, Sprouts Salad, Mint Raita	Dal Tadka, Paneer Bhurji, Ragi 10% Roti, Steamed Rice, Lemonade	Chole, Ajwaini Arbi, Ragi 10% Roti, Jeera Rice, Mixed Raita	Tricolor Poori, Potato Gravy, Tangy Pumpkin, Tricolor Pulao, Tricolor Burfi, Green Salad	
Calories (kcal)	550.79	641.81	646.97	532.06	579.70	
Carbs (g)	87.72	83.19	91.72	77.02	59.14	
Protein (g)	22.23	26.09	27.12	16.15	15.96	
Fat (g)	12.25	23.36	18.88	18.11	30.97	
Calcium (mg)	135.42	248.06	280.37	247.22	80.38	
Iron (mg)	6.59	6.98	5.81	6.06	2.63	
Magnesium (mg)	133.88	202.90	160.32	163.02	81.55	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	17-Aug-26	18-Aug-26	19-Aug-26	20-Aug-26	21-Aug-26	22-Aug-26
Menu	Panchmel Dal, Bhindi Do Pyaza, Jowar 10% Roti, Jeera Rice, Garden Salad	Dal Makhani, Mix Veg, Jowar 10% Roti, Steamed Rice, Mix Salad, Mint Chaach	Aloo Pyaz Parantha, Soya Biryani, Garden Salad, Boondi Raita	Lobia Curry, Sookha Aloo Matar, Jowar 10% Roti, Steamed Rice, Green Salad	Penne Pasta in red sauce with veggies, Garlic Bread, Veg cutlets, Chana Salad, Fruit Yogurt	
Calories (kcal)	572.82	563.94	468.66	514.34	531.77	
Carbs (g)	79.59	83.47	60.53	79.15	64.18	

Protein (g)	17.74	20.31	13.83	17.92	18.31	
Fat (g)	13.70	16.30	18.90	13.97	21.79	
Calcium (mg)	102.14	136.49	118.83	120.86	213.48	
Iron (mg)	4.94	4.40	2.51	5.97	4.42	
Magnesium (mg)	129.68	129.68	70.68	147.35	99.38	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	24-Aug-26	25-Aug-26	26-Aug-26	27-Aug-26	28-Aug-26	29-Aug-26
Menu	Uttapam, Idli (Plain & Veg), Sambar, Tamarind Rice, Coconut Chutney	Rajma, Tinda Masala, Ragi 10% Roti, Jeera Rice, Cucumber Raita	Mix Dal, Malai Kofta, Ragi 10% Roti, Steamed Rice, Green Salad	Kadhi, Mix Veg, Ragi 10% Roti, Steamed Rice, Garden Salad, Gulab Jamun	HOLIDAY	
Calories (kcal)	800.69	538.55	802.35	648.26		
Carbs (g)	85.77	75.46	100.58	80.81		
Protein (g)	34.64	19.73	32.46	28.29		
Fat (g)	35.55	17.33	28.22	23.57		
Calcium (mg)	110.11	212.70	311.90	151.43		
Iron (mg)	5.78	4.31	5.05	4.25		
Magnesium (mg)	145.83	118.50	158.34	130.94		
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	31-Aug-26					
Menu	Dum Aloo, Matar Paneer Bhurji, Jowar 10% Roti, Jeera Rice, Ghiya Raita					
Calories (kcal)	636.00					
Carbs (g)	78.83					
Protein (g)	38.58					
Fat (g)	18.65					
Calcium (mg)	431.54					
Iron (mg)	11.46					
Magnesium (mg)	86.72					