

 HXLS - 62 LUNCH MENU, SEP'26 						
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK	WEEK - 1					
DATE		1	2	3	4	5
MENU		MINI WHEAT BURGERS, HONEY CHILLI POTATO, STREET STYLE FRIED RICE, RAINBOW CRUNCH SALAD, FRUIT CUSTARD	HYDERABADI KHATTI DAAL, PANEER BUTTER MASALA, CHAPATI (10% JOWAR), STEAMED RICE, VEGGIES & SPROUT SALAD, SEASONAL FRUIT	RAJMA MASALA, MIX VEG., STEAMED RICE, AJWAIN PARANTHA, KACHUMBAR SALAD, SWEET BOONDI	JANMASHTAMI	TEACHER'S DAY CELEBRATION
NUTRITIONAL VALUE		Nutrition (Approx.):1,240 kcal Protein 29 g Carbs 183 g Fat 45 g	Nutrition (Approx.): 880 kcal Protein 30 g Carbs 116 g Fat 34 g	Nutrition (Approx.):1,080 kcal Protein 32 g Carbs 157 g Fat 37 g		
WEEK	WEEK - 2					
DATE	7	8	9	10	11	12
MENU	DAAL DHABA, PANEER DO PYAAZA, CUMIN RICE, CHAPATI, SWEET LASSI, RAINBOW SALAD	KULCHA (WHEAT) CHOLE, MASALA RICE, VEGETABLE RAITA, KACHUMBAR SALAD, BANANA CAKE SLICE	GATTA CURRY, SAUTEED POTATO WITH YARDLONG BEANS, JODHPURI PULAO, CHAPATI , CORN SALAD, SEASONAL FRUIT	VADA, SAMBHAR, TAMARIND RICE, COCONUT DIP, CHAACH	KALA CHANA GRAVY, KADHAI VEG WITH COTTAGE CHEESE, STEAMED RICE, BEETROOT CHAPATI (10% JOWAR), STICK SALAD, CUMIN RAITA	OFF
NUTRITIONAL VALUE	Nutrition (Approx.):920 kcal Protein 31 g Carbs 118 g Fat 34 g	Nutrition (Approx.):930 kcal Protein 25 g Carbs 139 g Fat 31 g	Nutrition (Approx.): 820 kcal Protein 21 g Carbs 127 g Fat 25 g	Nutrition (Approx.):850 kcal Protein 30 g Carbs 112 g Fat 29 g	Nutrition (Approx.):720 kcal Protein 16 g Carbs 105 g Fat 25 g	
WEEK	WEEK - 3					
DATE	14	15	16	17	18	19
MENU	KURKURI BHINDI, GHIYA KOFTA GRAVY, CHAPATI, STEAMED RICE, RUSSIAN SALAD, BESAN LADDOO	DAL BUKHARA, ALOO MATAR IN SEMI DRY GRAVY, JEERA RICE, CHAPATI , STICK SALAD, ROOHAFZA	LOBIA GRAVY, NUTRI MATAR, BEETROOT CHAPATI, STEAMED RICE, SPROUTS SALAD, SEASONAL FRUIT	PUNJABI CHOLEY, KADAI PANEER, CHAPATI, STEAMED RICE, CUCUMBER AND CUMIN RAITA	VEG MACRONI, FRIED RICE, VEGGIES & MANCHURIAN BALLS IN SWEET N SOUR GRAVY, PIZZA BREAD, CHOCOCHIP BROWNIE	OFF
NUTRITIONAL VALUE	Nutrition (Approx.):900 kcal Protein 20 g Carbs 128 g Fat 35 g	Nutrition (Approx.):790 kcal Protein 20 g Carbs 123 g Fat 24 g	Nutrition (Approx.): 860 kcal Protein 29 g Carbs 128 g Fat 27 g	Nutrition (Approx.):850 kcal Protein 32 g Carbs 108 g Fat 30 g	Nutrition (Approx.):1,050 kcal Protein 22 g Carbs 153 g Fat 39 g	
WEEK	WEEK - 4					
DATE	21	22	23	24	25	26
MENU	RAJMA MASALA, TINDA MASALA IN SEMI DRY GRAVY, STEAMED RICE, CHAPATI, GREEN SALAD, RICE KHEER	KADHI PAKODA, CHETTINAD POTATO, BEETROOT CHAPATI, STEAMED RICE, GREEN SALAD, SEASONAL FRUIT	SHAHEEDI DIWAS	SMOKEY DAAL MAKHANI, SHAHI PANEER, CUMIN RICE, CHAPATI, GREEN SALAD, LEMONADE	PAO, BHAJI, VEG BIRYANI, DAHI PAKODI, MINT & TAMARIND DIP GREEN SALAD, SEASONAL FRUIT	CHOLE, BHATURE, JEERA RICE, LACHA PYAZ, PICKLE, BOONDI RAITA
NUTRITIONAL VALUE	Nutrition (Approx.):870 kcal Protein 24 g Carbs 133 g Fat 25 g	Nutrition (Approx.):780 kcal Protein 18 g Carbs 119 g Fat 23 g		Nutrition (Approx.):900 kcal Protein 29 g Carbs 115 g Fat 35 g	Nutrition (Approx.):980 kcal Protein 24 g Carbs 148 g Fat 31 g	Nutrition (Approx.):1,050 kcal Protein 24 g Carbs 157 g Fat 38 g
WEEK	WEEK - 5					
DATE	28	29	30			
MENU	SPINACH POORI, BANARASI ALOO GRAVY, KHATTA MEETHA PETHA, NUTRI PEAS PULAV, CUMIN RAITA	CHANA DAAL TADKA, GOBHI MATAR, CUMIN RICE, CHAPATI (10% JOWAR), CORN SALAD, MIX VEG RAITA	SAMBHAR, IDLY, COCONUT DIP, PEANUT LEMON RICE, KESARI RAWA			
NUTRITIONAL VALUE	Nutrition (Approx.):900 kcal Protein 24 g Carbs 132 g Fat 31 g	Nutrition (Approx.):780 kcal Protein 24 g Carbs 113 g Fat 23 g	Nutrition (Approx.): 800 kcal Protein 18 g Carbs 125 g Fat 25 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.						
						