

HXLS - SEC 64 | LUNCH MENU SEPTEMBER 2026

Weekly lunch menu with daily nutritional values (per serving)

	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	31-Aug-26	1-Sep-26	2-Sep-26	3-Sep-26	4-Sep-26	5-Sep-26
Menu		Kadi, Kurkuri Bhindi, Ragi 10% Roti, Steamed Rice, Garden Salad , Whole Fruit	Dhaba Dal, Chatpata Jeera Aloo, Ragi 10% Roti, Jeera Rice, Crispy Stick Salad	Ajwaini Poori, Tamatar Aloo, Khatta Meetha Kaddu, Soya Matar Pulao, Mixed Raita, Boondi Laddu	Janmashtami	Working for Staff
Calories (kcal)		617.49 Kcal	549.51 Kcal	603.44 Kcal		
Carbs (g)		101.51 gms	84.05 gms	96.06 gms		
Protein (g)		20.31 gms	21.86 gms	14.33 gms		
Fat (g)		14.6 gms	14.14 gms	27.78 gms		
Calcium (mg)		163.6 mgs	145.62 mgs	185.36 mgs		
Iron (mg)		3.94 mgs	5.79 mgs	2.49 mgs		
Magnesium (mg)		144.65 mgs	104.16 mgs	77.79 mgs		
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	7-Sep-26	8-Sep-26	9-Sep-26	10-Sep-26	11-Sep-26	12-Sep-26
Menu	Rajma, Tinda Masala , Amaranth 10% Roti, Steamed Rice, Colorful Salad, Lemonade	Lal masoor Dal, Shahi Paneer, Amaranth 10% Roti, Steamed Rice, Fresh Salad	Wheat Pav, Bhaji, Kathal Biryani, Sprouts Salad, Mint Raita	Black Chana Curry, Mix Veg, Amaranth 10% Roti, Jeera Rice, Lauki raita	Red Sauce Pasta, Chana Veggie Kebab, Garlic Bread, Corn Salad, Fruit Custard	Off
Calories (kcal)	583.65 Kcal	685.4 Kcal	545.63 Kcal	543.11 Kcal	987.42 Kcal	
Carbs (g)	86.23 gms	92.85 gms	68.14 gms	81.74 gms	133.7 gms	
Protein (g)	21.83 gms	29.21 gms	18.62 gms	16.49 gms	33.8 gms	
Fat (g)	16.49 gms	21.87 gms	22.71 gms	16.5 gms	35.5 gms	
Calcium (mg)	160.7 mgs	297.45 mgs	220.8 mgs	276.85 mgs	564.9 mgs	
Iron (mg)	5.23 mgs	8.3 mgs	4.25 mgs	7.63 mgs	11.16 mgs	
Magnesium (mg)	131.59 mgs	259.36 mgs	135.24 mgs	283.6 mgs	301.4mgs	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	14-Sep-26	15-Sep-26	16-Sep-26	17-Sep-26	18-Sep-26	19-Sep-26
Menu	Aloo Nutri Matar, Yellow Moong Masur Dal, Ragi 10% Roti, Steamed Rice, Mixed Raita	Chole Curry, Paneer Bhurji, Ragi 10% Roti, Jeera Rice, Salad	Kaali Peeli Dal, Bhindi Do Pyaza, Ragi 10% Roti, Steamed Rice, Lauki Raita, Salad	Dal Makhani, Mix Veg, Ragi 10% Roti, Jeera Rice, Boondi Raita	Plain Idli & Veg Idli, Veg Uttapam, Sambar, Tamarind Rice, Coconut Chutney, Makhana kheer	Off
Calories (kcal)	671.29 Kcal	569.79 Kcal	570.23 Kcal	584.27 Kcal	772 Kcal	
Carbs (g)	93.28 gms	86.17 gms	88.37 gms	83.95 gms	82.5 gms	

Protein (g)	31.99 gms	30.91 gms	22.52 gms	23.1 gms	31.6 gms	
Fat (g)	18.99 gms	22.04 gms	14.39 gms	17.62 gms	35.2 gms	
Calcium (mg)	236.58 mgs	293.33 mgs	147.89 mgs	180.98 mgs	317.9 mgs	
Iron (mg)	9.15 mgs	5.2 mgs	9.73 mgs	3.79 mgs	8.3 mgs	
Magnesium (mg)	182.04 mgs	122.59 mgs	175.21 mgs	140.14 mgs	517.9 mgs	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	21-Sep-26	22-Sep-26	23-Sep-26	24-Sep-26	25-Sep-26	26-Sep-26
Menu	Green Moong Dal, Chatpati Ajwaini Arbi, Ragi 10% Roti, Steamed Rice, Green Salad, Banana	Matar Chat, Wheat Kulcha, Veg Pulao, Kachumber Salad, Mixed raita	Shaheed Diwas	Kadhi, Beans Aloo, Ragi Rotl, Steamed Rice, Garden Salad	Noodles, Manchurian, Chilli Paneer, Fried Rice, Banana Cake Slice	Working for Staff
Calories (kcal)	551.66 Kcal	520.69 Kcal		507.28 Kcal	858.45 Kcal	
Carbs (g)	83.5 gms	74.7 gms		80.34 gms	116.67 gms	
Protein (g)	22.12 gms	17.94 gms		16.62 gms	24.06 gms	
Fat (g)	14.7 gms	16.65 gms		13.46 gms	32.84 gms	
Calcium (mg)	138.28 mgs	240.03 mgs		88.68 mgs	279.4 mgs	
Iron (mg)	7.55 mgs	5.68 mgs		3.79 mgs	4.3 mgs	
Magnesium (mg)	169.44 mgs	143.62 mgs		142.98 mgs	106.95 mgs	
	 MONDAY	• TUESDAY	 WEDNESDAY	• THURSDAY	 FRIDAY	 SATURDAY
Date	28-Sep-26	29-Sep-26	30-Sep-26			
Menu	Chana Ghiya Dal, Malai Kofta, Steamed Rice, Amaranth 10% Rotl, Cucumber Raita	Rajma, Chatpata Jeera Aloo, Amaranth 10% Roti, Jeera Rice, Green Salad, Chaach	Mixed Dal, Kadhahi Paneer Amaranth 10% Roti, Steamed Rice, Fruit salad			
Calories (kcal)	785.4 Kcal	513.81 Kcal	702.35 Kcal			
Carbs (g)	99.85 gms	76.81 gms	92.58 gms			
Protein (g)	35.21 gms	17.9 gms	28.46 gms			
Fat (g)	25.87 gms	15.11 gms	24.22 gms			
Calcium (mg)	297.45 mgs	137.2 mgs	349.4 mgs			
Iron (mg)	8.5 mgs	4.08 mgs	5.95 mgs			
Magnesium (mg)	195.36 mgs	89.8 mgs	168.34 mgs			