HXLS - SEC 64 | LUNCH MENU November 2026

Weekly lunch menu with daily nutritional values (per serving)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date	2-Nov-26	3-Nov-26	4-Nov-26	5-Nov-26	6-Nov-26	7-Nov-26
Menu	Rajma, Chatpati Aloo Bhurji, Jowar 10% Roti, Jeera Rice, Salad, Mixed Raita	Kali Masoor Dal, Palak Paneer, Jowar 10% Roti, Steamed Rice, Salad, Sweet Corn Soup	Moong Masoor Dal, Methi Aloo, Jowar 10% Roti, Steam Rice, Fruit	Kadhi, Gajar Matar, Jowar 10% Roti, Steamed Rice, Salad, Gur Patti	Matar Kulcha, Mixed Pakoras, Veg Soya Pulao, Boondi Laddoo	Off
Calories (kcal)	675.5	633.98	692.3	535.8	936.7	
Carbs (g)	101.80	97.56	114.75	78.1	117.72	
Protein (g)	17.40	17.1	20.64	11.2	31.23	
Fat (g)	14.10	18.65	16.67	53.3	37.86	
Calcium (mg)	263.60	170.96	243.7	166.2	149.24	
Iron (mg)	10.80	12.56	9.29	6.8	8.53	
Magnesium (mg)	180.10	80.56	165.1	113.5	201	
Day	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
Date	9-Nov-26	10-Nov-26	11-Nov-26	12-Nov-26	13-Nov-26	14-Nov-26
Menu	Holiday	Holiday	Holiday	Mix Dal Dhaba, Palak Corn, Jeera Rice, Amaranth 10% Roti, Hot & Sour Soup, Crispy Stick Salad	Red Sauce Pasta, Beetroot Burger, Potato Wedges, Crispy Corn, Banana Cake Slice	Working day for Staff
Calories (kcal)				634.77	869.75	
Carbs (g)				94.73	118.13	
Protein (g)				22.76	30.46	
Fat (g)				18.54	30.25	
Calcium (mg)				174.98	70.86	
Iron (mg)				12.21	5.23	
Magnesium (mg)				197.73	121.24	
Day	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
Date	16-Nov-26	17-Nov-26	18-Nov-26	19-Nov-26	20-Nov-26	21-Nov-26

Menu	Dal Makhani, Mix Veg, Ragi 10% Roti, Steamed Rice, Bathua Raita	Chana Curry, Beans Aloo, Ragi 10% Roti, Jeera Rice, Fruit	Panchmel Dal, Gobhi Aloo, Ragi 10% Roti, Steamed Rice, Salad	Paneer Butter Masala, Nutri Keema, Ragi 10% Roti, Steamed Rice, Salad	Hakka Noodles, Vegetables in Hot Garlic Sauce, Fried Rice, Lemon Coriander Soup, Brownie	Off
Energy (KCal)	880.27	654.78	659.7	830.73	734.34	
Carbs (g)	123.96	109.58	104.9	106.18	116.70	
Protein (g)	35.5	14.64	20.3	47.3	18.40	
Fat (g)	26.85	17.53	17.25	24.07	21.40	
Calcium (mg)	295.78	129.46	436.6	392.4	140.24	
Iron (mg)	16.96	10.45	11.85	15.5	3.74	
Magnesium (mg)	258.5	173.09	160.9	109.2	157.85	
Day	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
Date	23-Nov-26	24-Nov-26	25-Nov-26	26-Nov-26	27-Nov-26	28-Nov-26
Menu	Chole , Spinach Puri, Khatta Meetha Kaddu, Jeera Rice, Kada Prasad	Holiday	Lobia Curry, Methi Aloo Matar, Amaranth 10% Roti, Steamed Rice, Tomato Soup	Assorted Parathas, Aloo Tomato Gravy, Veg Pulao, Mixed Raita , Fruit	Pav Bhaji, Kathal Biryani, Salad, Mint Raita	Off
Energy (Kcal)	812.42		537.44	673.9	471.54	
Carbs (g)	103.78		83.80	85.50	62.27	
Protein (g)	21.59		18.68	16.70	14.34	
Fat (g)	34.31		14.21	29.47	18.27	
Calcium (mg)	87.95		110.11	237.00	151.97	
Iron (mg)	4.89		5.51	6.30	2.79	
Magnesium (mg)	154.96		149.69	131.80	56.65	
Day	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
Date	30-Nov-26					
Menu	Uttapam, Vada, Sambar, Coconut Chutney, Lemon Rice, Tempered Salad					
Calories (kcal)	978.65					
Carbs (g)	115.57					
Protein (g)	34.19					

Fat (g)	42.91					
Calcium (mg)	295.28					
Iron (mg)	17.90					
Magnesium (mg)	170.19					