



HXLS - 62 LUNCH MENU OCT'26



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK	WEEK - 1					
DATE				1	2	3
MENU				RAJMA MASALA, MASALA TINDA, CHAPATI, STEAMED RICE, GREEN SALAD VERMICELLI KHEER	GANDHI JAYANTI	OFF
				Nutrition (Approx.): 850 kcal Protein 22 g Carbs 130 g Fat 25 g		
WEEK	WEEK - 2					
DATE	5	6	7	8	9	10
MENU	BLACK CHANA GRAVY, GOBHI MATAR, CHAPATI, STEAMED RICE, GREEN SALAD, BOONDI RAITA	PAO, BHAJI, VEG BIRYANI, CUMIN RAITA, CHICK PEA SALAD, MARBLE CAKE SLICE	KALE MASOOR DAL, PANEER BHURJI, CHAPATI, MATAR PULAO, SPROUTS SALAD, SABUDANA KHEER	ARABIATA SAUCE PASTA, PIZZA BREAD, MANCHURIAN GRAVY, FRIED RICE, FRENCH SALAD	KADHI PAKODA, METHI ALOO, CUMIN RICE, CHAPATI, LEMONADE	CHOLE, BHATURE, JEERA RICE, LACHA PYAZ, PICKLE, BOONDI RAITA
	Nutrition (Approx.): 820 kcal Protein 25 g Carbs 119 g Fat 24 g	Nutrition (Approx.): 950 kcal Protein 23 g Carbs 145 g Fat 30 g	Nutrition(Approx.):1,050 kcal Protein 34 g Carbs 151 g Fat 35 g	Nutrition (Approx.): 980 kcal Protein 20 g Carbs 145 g Fat 32 g	Nutrition (Approx.): 800 kcal Protein 18 g Carbs 122 g Fat 24 g	Nutrition (Approx.): 950 kcal Protein 24 g Carbs 145 g Fat 31 g
WEEK	WEEK - 3					
DATE	12	13	14	15	16	17
MENU	IDLY, SAMBHAR, TAMARIND RICE, COCONUT DIP, KESARI RAWA	SMOKEY DAL MAKHANI, VEGETABLE KORMA, CHAPATI, BAY LEAF RICE, MACRONI SALAD, LEMONADE	CHANA DAAL KHICHDI, DAAL PARATHA, JEERA RAITA, GREEN SALAD, COCONUT LADDOO	CHOLEY (white) WHOLE WHEAT KULCHA, MASALA PULAO, DAHI PAKODI, WITH MINT & TAMARIND DIP, KACHUMBAR SALAD	LOBIYA MASALA, MATAR PANEER GRAVY, CHAPATI, CARROT RICE, GREEN SALAD, CHAACH	OFF
	Nutrition (Approx.): 780 kcal Protein 17 g Carbs 126 g Fat 24 g	Nutrition (Approx.): 900 kcal Protein 25 g Carbs 125 g Fat 32 g	Nutrition (Approx.): 850 kcal Protein 23 g Carbs 126 g Fat 28 g	Nutrition (Approx.): 900 kcal Protein 24 g Carbs 137 g Fat 27 g	Nutrition (Approx.): 820 kcal Protein 29 g Carbs 112 g Fat 25 g	
WEEK	WEEK - 4					
DATE	19	20	21	22	23	24
MENU	HOLIDAY	HOLIDAY	MUNG DAAL TADKA, PALAK PANEER, CHAPATI, CUMIN RICE, BEANS SALAD, BESAN BURFI	RAJMA, ALOO TUK, CHAPATI, STEAMED RICE, GARDEN SALAD, CUMIN RAITA	CHILLI PANEER GRAVY, STREET STYLE NOODLES, VEG FRIED RICE, RUSSIAN SALAD, FRUIT CUSTARD	OFF

			Nutrition (Approx.): 850 kcal Protein 30 g Carbs 112 g Fat 29 g	Nutrition (Approx.): 780 kcal Protein 23 g Carbs 116 g Fat 22 g	Nutrition (Approx.): 950 kcal Protein 24 g Carbs 138 g Fat 31 g	
WEEK	WEEK - 5					
DATE	26	27	28	29	30	31
MENU	MAHARISHI VALMIKI JAYANTI	SPINACH POORI, BANARASI ALOO GRAVY, KHATTA MEETHA KADDU, PEAS PULAO, RAINBOW DICED SALAD, BOONDI LADOO	DAAL BUKHARA, MASALA ARBI, CHAPATI, RICE, GREEN SALAD, JALJEERA	KARVA CHAUTH	DHABA DAAL, GOBHI ALOO, CHAPATI, NUTRI PULAO, DAHI BHALLA PAPDI CHAAT	OFF
		Nutrition (Approx.): 920 kcal Protein 18 g Carbs 139 g Fat 31 g	Nutrition (Approx.): 780 kcal Protein 22 g Carbs 116 g Fat 22 g		Nutrition (Approx.): 850 kcal Protein 25 g Carbs 125 g Fat 27 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.

