HXLS - 62
LUNCH MENU, NOV'26

DAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK	WEEK - 1					
DATE	2	3	4	5	6	7
MENU	BLACK CHANA GRAVY, MIX VEG, CHAPATI, STEAMED RICE, GREEN SALAD, RICE KHEER	PAO, BHAJI, VEG BIRYANI, CUMIN RAITA BOILED CHANA SALAD, SEASONAL FRUIT	KALE MASOOR DAL, PANEER BHURJEE, BEETROOT CHAPATI, STEAMED RICE, SPROUTS SALAD, BOONDI RAITA	KADHI PAKODA, GOBHI ADRAKI , CUMIN RICE, CHAPATI, GREEN SALAD, SWEET CORN SOUP	SPINACH POORI, BANARASI ALOO GRAVY, KHATTA MEETHA KADDU, VEG. HYDERABADI BIRYANI, RAINBOW DICED SALAD, CUMIN RAITA	Off
NUTRITIONAL VALUE	|Nutrition (Approx.): 850 kcal | | Protein 24 g | | Carbs 130 g | | Fat 23 g |	|Nutrition(Approx.):900 kcal| | Protein 24 g | | Carbs 140 g | | Fat 27 g |	|Nutrition (Approx.):780 kcal| | Protein 30 g | | Carbs 85 g | | Fat 32 g |	|Nutrition (Approx.):820 kcal| | Protein 19 g | | Carbs 115 g | | Fat 29 g |	|Nutrition (Approx.): 950 kcal | |Protein 20 g | | Carbs 140 g | | Fat 33 g |	
WEEK						
DATE	9	10	11	12	13	14
MENU	HOLIDAY			PALAK PANEER, SOY KEEMA MATAR, CHAPATI, STEAMED RICE, SPROUTS SALAD, TOMATO SOUP	MINI WHEAT BURGERS, HOT N SOUR GRAVY, STREET STYLE NOODLES, SWEEET CORN SALAD WITH LEMON & BUTTER	Off
NUTRITIONAL VALUE				|Nutrition (Approx.): 850 kcal| | Protein 32 g | | Carbs 100 g | | Fat 31 g |	|Nutrition (Approx.): 850 kcal | | Protein 20 g | | Carbs 120 g | | Fat 30 g |	
WEEK	WEEK - 3					
DATE	16	17	18	19	20	21
MENU	VADA, SAMBHAR, TOMATO RICE, COCONUT DIP, KESARI RAWA, SOUTH INDIAN SPICED KOSAMBRI SALAD	SMOKEY DAL MAKHANI, ALOO TUK, CHAPATI, BAY LEAF RICE, DAHI BHALLA PAPDI, WITH MINT & TAMARIND DIP	SARSON KA SAAG, GAJAR MATAR, CHAPATI, TAWA MASALA PULAO, JEERA RAITA, GREEN SALAD	MATAR PANEER GRAVY, VEG. JALFREZI, SPINACH CHAPATI, CARROT RICE, GREEN SALAD SEASONAL FRUIT	WHITE CHOLEY WHOLE WHEAT KULCHA, MASALA PULAO, RAW PAPAYA SALAD, TOMATO SALAN, HOT N SOUR SOUP	Off
NUTRITIONAL VALUE	|Nutrition (Approx.): 850 kcal | | Protein 20 g | | Carbs 120 g | | Fat 30 g |	|Nutrition (Approx.): 950 kcal | |Protein 27 g | | Carbs 125 g | | Fat 37 g |	|Nutrition (Approx.): 820 kcal | | Protein 21 g | | Carbs 115 g | | Fat 28 g |	|Nutrition (Approx.): 820 kcal | | Protein 27 g | | Carbs 112 g | | Fat 27 g |	|Nutrition (Approx.): 900 kcal | | Protein 23 g | | Carbs 140 g | | Fat 27 g |	
WEEK	WEEK - 4					
DATE	23	24	25	26	27	28
MENU	PALAK CORN, MIX VEG, CHAPATI, STEAMED RICE, KACHUMBAR SALAD KADA PRASAD (ATTA HALWA)	GURUNANAK JAYANTI	RAJMA MASALA, METHI ALOO, CHAPATI, STEAMED RICE, GARDEN SALAD, TOMATO SOUP	DAL DHABA, KADHAI PANEER, SPINACH CHAPATI, CUMIN RICE, SPROUTS SALAD, CHOCOLATE CAKE SLICE	ARABIATA SAUCE PASTA, PIZZA BREAD, MANCHURIAN GRAVY, FRIED RICE, CORN SALAD	BEDMI POORI, ALOO GRAVY, HOT GULAB JAMUN, PICKLE, DAHI BHALLA WITH MINT & TAMARIND DIP
NUTRITIONAL VALUE	|Nutrition (Approx.): 850 kcal | |Protein 20 g | | Carbs 125 g | | Fat 29 g |		|Nutrition (Approx.): 800 kcal | | Protein 23 g | | Carbs 115 g | | Fat 24 g |	|Nutrition (Approx.): 950 kcal | | Protein 30 g | | Carbs 120 g | | Fat 36 g |	| Nutrition (Approx.): 900 kcal | | Protein 22 g | | Carbs 135 g | | Fat 29 g |	| Nutrition (Approx.): 950 kcal | | Protein 20 g | | Carbs 130 g | | Fat 38 g |
WEEK	WEEK - 5					
DATE	30					

MENU	BLACK CHANA GRAVY, METHI MALAI MATAR(SEMI DRY), CHAPATI, STEAMED RICE, RAW PAPAYA SALAD, HOT N SOUR SOUP
NUTRITIONAL VALUE	| Nutrition (Approx.): 850 kcal | | Protein 25 g | | Carbs 120 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.