

OCTOBER 2026 MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	05-Oct-26	06-Oct-26	07-Oct-26	08-Oct-26	09-Oct-26	10-Oct-26	11-Oct-26
Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
CHOTA							
Buns	Bun	Bun	Bun	Bun	Bun	Bun	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
BREAKFAST							
Beverage	Hot Milk/Bournvita /Boost/Coffee	Hot Milk/Bournvita /Boost/Coffee	Hot Milk/Bournvita/Boost/Coffee	Hot Milk/Bournvita /Boost/Coffee	Hot Milk/Bournvita /Boost/Coffee	Hot Milk/Bournvita /Boost/Coffee	Milk/Coffee
Cereals	Porridge	Cereals	Porridge	Cereals	Porridge	Cereals	Dosa/Sambhar
Bread	Toast/Brown Bread	Toast & Banana Bread	Toast/Oats Bread	Toast/Sweet Crust Bread	Toast/Wheat Bread/Multigrain Bread	Toast/Wheat Bread/Multigrain Bread	
Jam/Butter	Mixed Fruit Jam/Butter	Mixed Fruit Jam/Butter	Mixed Fruit Jam/Butter	Mixed Fruit Jam/Butter	Mixed Fruit Jam/Butter	Mixed Fruit Jam/Butter	
Main Dish	Vermicelli Upma	Uttapam	Rawa Bath	Pancake / Chocolate Sauce	Rawa Idly/Aval Idly	Macaroni	
2nd Veg Dish	Paneer Bajji	Sambar	Veg Cutlet	Masala Vegetables Upma	Sambar	Potato Cheese Ball	
Egg / Sausages	Boiled Egg		Fried Egg			Boiled Egg	Coconut Chutney/Tomato
Sauce	Chutney	Chutney	Tomato Chutney	Chutney	Chutney		
MID MORNING							
Fruit/Snacks	Walnut Cake	Cranberry Muffin	Cinnamon Cake	Assorted Cookies	Nuts & Butter Cookies	Marble Cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Rice	Pasta with Red Sauce	White Rice	Almond Pulao	Rice	White Rice	Bread Biryani
Indian Bread	Whole Wheat Chapathi	Classic Pizza with Veg toppings	Chapathi	Methi Chapathi	Spinach Chapathi	Whole Wheat Chapathi	
Pulses/Dal	Mixed Veg Sambar	Creamy French Fries	Drumstick Sambar	Green Dal Curry	Methi Dal	Sambar	Curd Semiya with Aval
Veg/Paneer/Non-Veg Main	Veg Subji		Mixed Veg Subji	Kadai Vegetables	Soya 65	Paneer Hariyali	
Non-Veg/Pepper Water	Garlic Rasam	Carrot Celery Soup	Pepper Rasam		Egg Potato Curry	Rasam	Papad/Fryums
Raita/Curd	Turmeric Tempered Curd		Masala Curd	Curd	Curd	Curd	
Salad/Vada	Plain Vada				Red Cabbage Poriyal	Carrot & Coconut Salad	
Pickle/Chutney			Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Raw Banana Bhajji	Mixed Veg Pakora	Vengaya Vada	Palam Pori	Potato Bonda	Mixed Sundal	Milk Spread Bun
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Lemon Mint Tea
DINNER							
Soup			Cabbage Garlic Soup			—	—
Rice	Rice	Rice	Schezwan Noodles	Rice	White Rice	Hyderabad Chicken Biryani	Rice
Bread	Multigrain Chapathi	Roti	Chicken in Hot Garlic Sauce	Tawa Roti	Poori/Channa Masala		Chapathi
Pulses/Dal/Veg	Mutter Dal	Dal Fry	Hot Sesame Paneer in Garlic Sauce			Raita	Dal Jeera
Veg/Paneer	Paneer Shobia	Paneer Potato Masala	Mushroom Croquettes	Paneer Butter Masala	Aloo Garlic Toast	Veg Biryani/Chilli Salna	Paneer Do Pyaza
Non-Veg/Veg Dry	Chicken Curry	Aloo 65	Veg Fried Rice	Butter Chicken Masala			Chicken with Drumstick Curry
Pepper Water/Raita	Rasam			Rasam	Rasam	Mushroom Masala	Rasam
Fruit/Dessert	Coconut Mittai	Semiya Sweet Payasam	Jelly Custard	Homemade Chocolates	Mango Pudding	Coffee Cake with Chocolate Syrup	Cake Fruit Punch
Milk (bedtime)		Hot Milk			Hot Milk		
Approx Daily Calories	2754 kcal	2680 kcal	2781 kcal	2682 kcal	2730 kcal	2884 kcal	2685 kcal

The menu is subject to revision, based on seasonal availability and nutritional requirements.