

OCTOBER -26 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	Toasts & Banana bread	Toast/Oats Bread	Toast/Sweet Crust Bread	Toast/wheat bread/Multigrain Bread	Toast/wheat bread/Multigrain Bread	
Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	
Main Dish	Vermichilli Upma	Uthappam	Rawa Bath	Pancake /Chocolate Sauce	Rawa idly/Aval idly	Macroni	
2nd Veg Dish	Paneer Bajji	Sambar	Veg cutlet	Masala Vegetables Upma	Sambar	Potato Cheese ball	
Egg / Sausages Sauce	Boiled Egg Chutney	Chutney	Fried egg Tomato chutney	Chutney	Chutney	Boiled Egg Chutney	Coconut Chutney/Tomato
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 Briyani
Indian Bread	Whole Wheat Chapati	Classic pizza with veg toppings	Chapathi	Methi chapathi	Spinach Chapathi	Whole Wheat Chapati	
Pulses/Dal	Mix veg Sambar	Creamy French fries	Drumstick Sambar	Green Dal Curry	Methi Dal	Sambar	
Veg/Paneer/Non-Veg Main	Veg Subji		Mix veg Subji	Kadai vegetables	Soya 65	Paneer hariyali	Curd Semiya with Aval
Non-Veg/Pepper Water	Garlic Rasam	Carrot Celery soup	Pepper Rasam		Egg Potato curry	Rasam	
Raita/Curd	Turmeric Tempered curd		Masala curd	Curd	Curd	Curd	
Salad/Vada	Plain vada				Red Cabbage Poriyal	Carrot & Coconut salad	Papad/Fryams
Pickle/Chutney			Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Raw banan Bhajji	Mix Veg Pakora	Vengaya vada	Palam Pori	Potato Bonda	Mix Sundal	Milk Spread bun
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Lemon Mint Tea
DINNER							
Soup			Cabbage Garlic Soup			—	—
Rice	Rice	Rice	Sezhwan Noodles	Rice	White rice	Hyderabadi Chicken Briyani	Rice
Bread	Multigrain Chapathi	Roti	Chicken in hot garlic sauce	Tawa Roti	Poori/Channa Masaal		Chapathi
Pulses/Dal/Veg	Mutter dal	Dal fry	Hot Seasme paneer in Garlic sauce			Raitha	Dal jeera
Veg/Paneer	Paneer shobia	Paneer potato masala	Mushroom Croquettes	Paneer butter Masala	Aloo Garlic toast	Veg briyani/chilli Salna	Paneer do piazza
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	Home made chocolates	Mango Pudding	Coffee custard	Cake Fruit Punch
Milk (bedtime)		Hot Milk			Hot Milk		
Approx daily Calories	2754kcal	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.