

OCTOBER 2026 MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	19-Oct-26	20-Oct-26	21-Oct-26	22-Oct-26	23-Oct-26	24-Oct-26	25-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	Health Mix Porridge	Oats Porridge	Wheat Rawa Porridge	Millet Muesli	Ragi Porridge	Millet Cereals	Dosa/Sambar
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	Ragi Semiya Upma	Uttapam	Beetroot Paratha	Pav Bhaji	Oats Idly	Macaroni	
2nd Veg Dish	Paneer Bajji	Sambar	Veg Kurma	Cheese Cutlet	Sambar	Beetroot Cutlet	
Egg / Sausages	Boiled Egg	Steamed Nendran	Steamed Sweet Potato	Cheese Omelette		Plain Omelette	Coconut Chutney/Tomato Chutney
Sauce	Chutney	Chutney			Chutney		
MID MORNING							
Fruit/Snacks	Cookies	Cupcake	Dry Fruit Cake	Classic Veg Sandwich	Plum Cake	Cheese Bun	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Plain Rice	Green Peas Pulao	White Rice	Rice	Rice	Plain Rice	Tomato Rice with Chutney
Indian Bread	Whole Wheat Chapathi	Chapathi	Chapathi	Cabbage Chapathi	Multigrain Chapathi	Whole Wheat Chapathi	
Pulses/Dal	Veg Sambar	Dal Tadka	Palak Dal	Rajma Curry	Soya Fry	Kidney Beans Curry	
Veg/Paneer/Non-Veg Main	Poosani Kootu	Mushroom Curry	Black Channa Snake Gourd Poriyal	Butter Glazed Vegetables	Potato Egg Curry	Sambar	Boondi Curd Rice
Non-Veg/Pepper Water	Garlic Rasam		Pepper Rasam			Rasa Vada	
Raita/Curd	Channa Dal Curd		Masala Curd	Curd	Curd	Curd	
2nd Veg Dish	Paruppu Vada	Aloo 65			Peanut Cabbage Poriyal	Avial	Papad/Fryums
Pickle/Chutney			Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Payasam	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Sweet Pongal/Pori/Boiled Channa/Soaked Moong Dal	Croissant Roll	Aloo Bonda	Mixed Veg Puff	Date Cake	Onion Vada	Bread with Spreads
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Jeera Pineapple Tea
DINNER							
Soup						—	—
Rice	Rice	Rice	Garlic Veg Fried Rice	Rice	White Rice	Mughal Chicken Biryani	Rice
Bread	Chapathi	Butter Naan	Maggi Noodles	Parotta	Channa Bhatura		Chapathi
Pulses/Dal/Veg	Green Dal Curry	Black Dal Curry	Baby Corn Chilli Fry		Channa Masala	Matar Mushroom Curry	Tomato Dal Curry
Veg/Paneer	Paneer Malai Curry	Palak Paneer	Paneer in Schezwan Sauce	Paneer Chettinad	Pumpkin Pulusu	Veg Biryani	Garlic Paneer Roast
Non-Veg/Veg Dry	White Chicken Curry	Broccoli Stir	Chicken in Hot Garlic	Chicken Chettinad		Veg Tempura Fry	Chicken Breadfruit Curry
Pepper Water/Raita	Rasam	Rasam		Milagu Rasam	Rasam	Chilli Salna	Rasam
Fruit/Dessert	Mysore Pak	Gulab Jamun	Jelly	Indian Sweet	Indian Sweet	Walnut Brownie	Indian Sweet
Milk (Bedtime)		Hot Milk			Hot Milk		
Approx Daily Calories	2684 kcal	2850 kcal	2901 kcal	2750 kcal	2856 kcal	2830 kcal	2787 kcal

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