MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	16-Nov-26	17-Nov-26	18-Nov-26	19-Nov-26	20-Nov-26	21-Nov-26	22-Nov-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	Health Mix Porridge	Ragi Porridge	Wheat Porridge	Porridge/Muesli	Porridge	Cereals	Variety Dosa/Sambar (For All Schools)
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	Choco Peanut/Butter	Mixed Fruit Jam/Butter	Choco Peanut/Butter	Mixed Fruit Jam/Butter	Choco Peanut/Butter	Mixed Fruit Jam/Butter	
Main Dish	Vermicelli Upma	Uttapam	Aval Poha	Pav Bhaji	Idly	Moong Dal Chila	
2nd Veg Dish	Bajji	Sambar	Beetroot Cutlet	Paneer Bhajji	Sambar		
Egg / Sausages	Boiled Egg		Cheese Omelette	Plain Omelette			
Sauce	Chutney	Chutney	Red Chutney	Potato Masala	Chutney	Potato Masala	Coconut Chutney/Tomato Chutney
MID MORNING							
Fruit/Snacks	Ginger Biscuit	Dates Cake	Pineapple Muffin	Coconut Cookies	Orange Cake	Plum Cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
LUNCH							
Rice	Rice	Pulao	White Rice	Bisibelebath	Rice	White Rice	Lemon Rice
Indian Bread	Pudina Parotta	Classic Pizza with Veg	Chapathi	Methi Chapathi	Spinach Chapathi	Whole Wheat Chapati	
Pulses/Dal	Mixed Veg Sambar	French Fries	Lobia/Kidney Beans Curry		Dal Shorba	Sambar	
Veg/Paneer	Yam Subzi	Veg Korma	Mixed Veg Subji	Ennai Kathirikkai	Aloo Chilli Soya	Raw Plantain Subzi	Curd Rice
Non-Veg/Pepper Water	Garlic Rasam		Pepper Rasam		Egg Curry	Rasam	
Raita/Curd	Plain Curd	Curd	Curd	Curd	Curd	Curd	
Salad/Vada	Plain Vada	Cauliflower 65			Cabbage Peanut Subzi		Chutney
Pickle/Chutney	Pickle	Pickle	Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit		Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Masala Peanut	Urad Dal Vada	Pizza	Chicken Puffs & Egg Puffs	Chocolate Doughnut	Samosa	Choco Butter Bread
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Lemon Mint Tea
DINNER							
Soup			Cabbage Soup			—	—
Rice	Rice	Rice	Chicken Fried Rice	Green Peas Pulao	White Rice	Hyderabadi Chicken Biryani	Rice
Bread	Chapathi	Bakery Kulcha	Veg Fried Rice	Parotta	Appam		Chapathi
Pulses/Dal/Veg	Tomato Dal	Channa Masala	Paneer Manchurian		Veg Stew	Chilli Salna/Curd	
Veg/Paneer	Paneer Capsicum Masala			Paneer Butter Masala		Veg Biryani	Paneer Do Pyaza
Non-Veg	Chicken Korma	Aloo Matar Jeera	Chicken Manchurian	Butter Chicken Masala	Chicken Stew	Chicken Kashmiri	Chicken Vindaloo
Pepper Water/Raita	Rasam	Rasam		Curd	Rasam	Mushroom Matar	Rasam
Fruit/Dessert	Kesari	Indian Sweet	Indian Sweet	Indian Sweet	Homemade Chocolates	Choco Lava	Rice & Aval Kheer
Milk (Bedtime)		Hot Milk			Hot Milk		
Total Daily Calories	2399 kcal	2480 kcal	2581 kcal	2582 kcal	2330 kcal	2384 kcal	2385 kcal

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