

OCTOBER 2026 MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	26-Oct-26	27-Oct-26	28-Oct-26	29-Oct-26	30-Oct-26	31-Oct-26	01-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	Health Mix Porridge	Oats Porridge	Wheat Rawa Porridge	Chocos	Ragi Porridge	Millet Cereals	Dosa/Sambar
Bread	Toast/Brown Bread	Toast & Banana Bread	Toast/Oats Bread	Toast/Sweet 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	Sooji Upma	Uttapam	Pancake	Aval Masala Poha	Plain Idly	Moong Dal Chila	
2nd Veg Dish	Paneer Bajji	Sambar	Mixed Veg & Green Peas Upma	Veg Cutlet	Sambar	Sweet Potato Steamed	Coconut Chutney/Tomato Chutney
Egg / Sausages	Boiled Egg			Cheese Omelette			
Sauce/Curry/Chutney	Chutney		Chocolate Sauce		Chutney	Potato Masala	
MID MORNING							
Fruit/Snacks	Bakery Snack	Butter Cookies	Cinnamon Muffin Cake	Cheesy Bun Wrap	Plum & Dates Cake	Brown Sweet Bun	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
LUNCH							
Rice	Plain Rice	White Pasta	White Rice	Bisibelebath Rice	Rice	Plain Rice	Masala Veg Biryani
Indian Bread	Whole Wheat Chapathi	Garlic Bread	Chapathi	Matar Chapathi	Multigrain Chapathi	Whole Wheat Chapathi	
Pulses/Dal	Veg Sambar		Lobia Dal	Rajma Curry	Palak Dal Curry		
Veg/Paneer/Non-Veg Main	Veg Poriyal	French Fries	Aloo Gobi	Carrot in Butter Sauce	Masala Omelette Curry	Sambar	Aval Curd Rice
Non-Veg/Pepper Water	Garlic Rasam	Corn Soup	Pepper Rasam				
Raita/Curd	Curd		Masala Curd	Curd	Curd	Curd	
2nd Veg Dish	Paruppu Vada	Aloo 65		Fried Brinjal Masala	Soya 65 Fried	Yam Black Channa Poriyal	Papad/Fryums
Pickle/Chutney			Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks		Black Channa Dal	Pizza	Chicken/Veg Puff	Lemon Cake	Mirchi Bhajji	Bread with Spreads
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Orange Tea with Sabja Seeds
DINNER							
Soup						—	—
Rice	Rice	Rice	Garlic Scheszwan Rice	Rice	Veg Fried Rice Veg Mixed Hakka Noodles	Afghan Style Chicken Biryani	Rice
Bread/II Main Course	Chapathi	Chapathi	Maggi Noodles	Reshmi Paratha		Stir Veg Biryani	Chapathi
Pulses/Dal/Veg	Dal	Dal Makhani	Onion Rings	Dal Jeera	Potato Wedges		Ooty Bean & Dal Curry
Veg/Paneer	Paneer Curry	Paneer Do Pyaza	Paneer in Green Chilli Sauce	Paneer Butter Masala	Crispy Paneer Fried	Mushroom Pepper Masala	Veg Manchurian Balls
Non-Veg/Veg Dry	Chicken Curry	Veg 65 Fry	Hot Sauce Chicken Stir Fry	Butter Chicken Masala	Fried Chicken Leg		Nilgiri Chicken Curry
Pepper Water/Raita	Rasam	Rasam		Pudhina Rasam			Rasam
Fruit/Dessert	Indian Sweet	Bakery Sweet	Jelly Banana	Rose Milk Mysore Pak	Trifle Cake	Choco Lava with Berries	Indian Sweet
Milk (Bedtime)		Hot Milk			Hot Milk		
Approx Daily Calories	2774 kcal	2810 kcal	2796 kcal	2790 kcal	2866 kcal	2810 kcal	2887 kcal

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