

MENU — THE LAWRENCE SCHOOL, LOVEDALE							
Date	17-Aug-26	18-Aug-26	19-Aug-26	20-Aug-26	21-Aug-26	22-Aug-26	23-Aug-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 uppma	Uthappam	Corn Rawa kichadi	Pancake /Chocolate Sauce	Rawa idly/plain idly	Macroni	
2nd Veg Dish	Bajji	Sambar	Veg cutlet	Upma	Sambar	Cheese ball	
Egg / Sausages	Boiled Egg		Fried egg			Chicken Sasuage	Coconut Chutney/Tomato
Sauce	Chutney	Chutney	Tomato chutney	Chutney	Chutney	Chutney	
MID MORNING							
Fruit/Snacks	Walnut Cake	Cranberry muffin	Cinnamon pineapple	Assorted cookies	Nuts & Butter cookies	Marble cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Rice	Pasta White sauce	White rice	Ghee rice	Rice	White rice	Puliyogare
Indian Bread	Whole Wheat Chapati	Focccasia bread	Chapathi	Methi chapathi	Spinach Chapathi	Whole Wheat Chapati	
Pulses/Dal	Mix veg Sambar	French fries	Drumstick Sambar	Dal shorba	Methi Dal	Sambar	
Veg/Paneer/Non-Veg Main	Bottle guard Sabji		Mix veg Subji	Kadai vegetables	Chilly Soya	Paneer hariyali	Curd Rice
Non-Veg/Pepper Water	Garlic Rasam	Cream of Potato corn soup	Pepper Rasam	Moringa Soup	Egg 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	Plain papad		Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Choco Truffle	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Croissant	Onion Pakoda	Vengaya vada	Egg /Veg puff	Potato Bonda	Green gram Sundal	Paal bun
Beverage	Tea	Tea	Tea	Tea	Coffee	tea/coffeee	Lemon Mint Tea
DINNER							
Soup	Corn Potato Soup		Lemon coriander Soup			—	—
Rice	Rice	Rice	Noodles	Rice	White rice	Hyderabadi Chicken Briyani	Rice
Bread	Chapathi	Roti	Chilli Chicken in hot	Tawa Roti	Poori/Channa Masaal		Chapathi
Pulses/Dal/Veg	Mutter dal	Dal fry	chilli paneer			Raitha	Dal jeera
Veg/Paneer	Paneer shobia	Paneer buttter masala	Potato wedges	Paneer butter Masala	Aloo jeera	Veg briyani/chilli Salna	Paneer do piazza
Non-Veg	Chicken Curry	Aloo matar	Fried rice	Butter Chicken Masala			Chicken Vindaloo
Pepper Water/Raita	Rasam			Rasam	Rasam	Mushroom matar	Rasam
Fruit/Dessert	Rawa cake	Gulab Jamun	Brownie	Home made chocolates	Rawa cake	Shahi Tukra	Fruit Custard
Milk (bedtime)		Hot Milk			Hot Milk		
Total daily Calories		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.