NOVEMBER 2026 MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	23-Nov-26	24-Nov-26	25-Nov-26	26-Nov-26	27-Nov-26	28-Nov-26	29-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	Wheat Porridge	Porridge	Porridge		Millet Cereals	
Bread	Toast/Brown Bread	Toast & Bread	Toast/Oats Bread	Toast/White 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	Kal Dosa/Sambar
Main Dish	Semiya Upma	Uttapam	Pancake	Macaroni	Plain Idly	Pav Bhaji	
2nd Veg Dish	Potato Garlic Balls	Sambar	Mixed Veg & Green Peas Upma	Veg Cheese Cutlet	Sambar	Sweet Potato Steamed	
Egg / Sausages	Boiled Egg			Omelette		Omelette	
Sauce/Curry/Chutney	Chutney		Chocolate Sauce		Chutney	Potato Masala	Coconut Chutney/Tomato
MID MORNING							
Fruit/Snacks	Cookies	Bakery Product	Loaf Cake	Sweet Bread	Banana Bread Cake	Cinnamon Cookies	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
LUNCH							
Rice	Plain Rice	Pulao	White Rice	Rice	Peas Pulao	Plain Rice	Masala Veg Biryani
Indian Bread	Whole Wheat Chapathi	Chapathi	Chapathi	Chapathi	Multigrain Chapathi	Whole Wheat Chapathi	
Pulses/Dal	Veg Sambar	Rajma Masala	Green Gram Dal				
Veg/Paneer	Aloo Gobi Poriyal	Soya Fry	Tawa Tossed Vegetables	Paneer Curry	Channa Korma	Sambar	Aval Curd Rice
Non-Veg	Garlic Rasam		Pepper Rasam	Chicken Curry	Egg Chilli Fry		
Raita/Curd	Curd		Masala Curd	Curd	Curd	Curd	
2nd Veg Dish/Pepper Water	Vada			Rasam	Paneer Chilli	Beetroot Subzi	Papad/Fryums
Pickle/Chutney		Curd	Pickle/Papad	Pickle		Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Boiled Black Channa	Aloo Bonda	Bakery Product	Palam Pori	Lemon Cake	Mirchi Bhajji	Bread with Spreads
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Lemon Tea
DINNER							
Soup						—	—
Rice	Rice	Jeera Rice	Garlic Schezwan Rice	Rice	Rice	Afghan Style Chicken Biryani	Rice
Bread/II Main Course	Chapathi	Chapathi	Maggi Noodles	Kothu Paratha	Poori	Stir Veg Biryani	Chapathi
Pulses/Dal/Veg	Dal	Dal Masala		Egg Korma			Ooty Bean & Dal Curry
Veg/Paneer	Paneer Curry	Palak Paneer	Honey Garlic Paneer	Veg Korma	Paneer Capsicum Korma	Mushroom Pepper Masala	
Non-Veg/Veg Dry	Mutton Curry	Capsicum Aloo Gobi	Singapore Chicken Fry in Sauce		Chicken Potato Masala		Nilgiri Chicken Curry
Pepper Water/Raita	Rasam			Pudhina Rasam	Rasam		Rasam
Fruit/Dessert	Mysore Pak	Indian Sweet	Indian Sweet	Bakery Sweet	Dessert	Choco Lava with Berries	Indian Sweet
Milk (Bedtime)		Hot Milk			Hot Milk		
Approx Daily Calories	**2234 kcal**	**2300 kcal**	**2196 kcal**	**2253 kcal**	**2100 kcal**	**2050 kcal**	**2217 kcal**

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