

MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	31-Aug-26	01-Sep-26	02-Sep-26	03-Sep-26	04-Sep-26	05-Sep-26	06-Sep-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/Coff	Hot Milk/Bournvita/Boost/Coffee	Milk/ Coffee
Cereals	Porridge	Porridge	Wheat Porridge	Oats Porridge	Ragi Porridge	Chocos	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	Maslal Poha	Poori Masala	Idly	Moon Dal Chilla	
2nd Veg Dish	Veg cutlet	Sambar			Sambar	Aloo Bhajji	
Egg / Sausages	Fried egg		Spinach Omlette				
Sauce	Chutney	Chutney	Tomato chutney		Chutney	Red Chutney	Coconut Chutney/Tomato Chutney
MID MORNING							
Fruit/Snacks	Bread Loaf cake	Dry Cake	Swiss roll	Strawberry Cake	Layer cake	Coffee Pudding cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Rice	Fuseli Pasta with green sauce	White Rice	Bisibelabath	Rice	White rice	Lemon Rice
Indian Bread	Whole Wheat Chapati	French fries	Chapathi	Methi chapathi	Chapathi	Whole Wheat Chapati	
Pulses/Dal	Dal Methi & Veg Sambar	Garlic Chilly toast	Lobia Dal	Corn Fritters Salad	Mysore Dal	Rajma curry	
Veg/Paneer/Non-Veg Main	Raw Banana Masala Fry		Mix Veg	Baigan Partha	Aloo Capsicum		Curd Rice
Non-Veg/Pepper Water	Garlic Rasam	Corn & Carrot soup		Moringa Soup	Cabbage Subzi	Rasam	Chutney
Raita/Curd	Turmeric Tempered curd			Curd	Egg Curry	Curd	
Salad/Vada	Masal vada				Rasam	Urulai Varuval	
Pickle/Chutney			Pickle/Curd	Pickle	Pickle	Pickle	Pickle/Fryams
Fruit/Dessert	Fruit	Ice cream	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Coconut Stuffed Croissant	Mysore Bonda	Pizza	Egg Puffs/Paneer puffs	Vengaya vada	Veg Samosa	Milk Bun
Beverage	Tea	Tea	Tea	Tea	Coffee	Tea/coffeee	Lemon Grass tea
DINNER							
Soup	Carrot soup		Cream of tomato			—	—
Rice	Rice	Rice	Maggi Noodles & Fried Rice	Almond Pulao	White rice	Chicken Mughlai Briyani /Paneer Briyani	Rice
Bread	Chapathi	Naan	Chicken Teriyaki	Parotta			Chapathi
Pulses/Dal/Veg		Dal fry	Potato wedges			Raitha	Dal Fry
Veg/Paneer	Paneer Bhurji	Shahi Paneer	Chilli paneer	Malai Kofta Curry	Veg Kothu Paratha	Mushroom Matar	Paneer Roast curry
Non-Veg	Chicken Curry			Malai Chicken Curry	Chicken kothu paratha	Chicken Curry Masla	Fried Chicken Curry
Pepper Water/Raita	Rasam	Rasam			Rasam	Brinjal Salna	Rasam
Fruit/Dessert	Burfi	Keasri	Jelly	Badhusa	Choco lava	Blue Brownie	Paruppu Payasam
Milk (bedtime)		Hot Milk			Hot Milk		
Calories	2860kcal	2764kcal	2850kcal	2670kcal	2790kcal	2881kcal	2794kcal

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