

MENU — THE LAWRENCE SCHOOL, LOVEDALE

| Date                              | 17-Aug-2026                     | 18-Aug-2026                     | 19-Aug-2026                     | 20-Aug-2026                     | 21-Aug-2026                     | 22-Aug-2026                     | 23-Aug-2026                    |
|-----------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------|
| Day                               | Mon                             | Tue                             | Wed                             | Thu                             | Fri                             | Sat                             | Sun                            |
| CHOTA                             |                                 |                                 |                                 |                                 |                                 |                                 |                                |
| Buns                              | Chota Bun                       | Chota Bun                       | Rusk                            | Chota Bun                       | Rusk                            | Chota bun                       |                                |
| Beverage                          | Tea                             | Tea                             | Tea                             | Tea                             | Tea                             | Tea                             |                                |
| Approx. Calories — Chota          | 220 kcal                        | 220 kcal                        | 292 kcal                        | 220 kcal                        | 292 kcal                        | 220 kcal                        | 0 kcal                         |
| 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/Potato masala     |
| Bread                             | Toast/Brown Bread               | Toasts & Banana bread           | Toast/Oats Bread                | Toast/Sweet Crust Bread         | Toast/Multigrain Bread          | Toast/wheat 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 Salami                  |                                |
| Sauce                             | Chutney                         | Chutney                         | Tomato chutney                  | Chutney                         | Chutney                         | Chutney                         | Coconut Chutney/Tomato Chutney |
| Approx. Calories — Breakfast      | 847 kcal                        | 751 kcal                        | 838 kcal                        | 1093 kcal                       | 594 kcal                        | 986 kcal                        | 268 kcal                       |
| MID MORNING                       |                                 |                                 |                                 |                                 |                                 |                                 |                                |
| Fruit/Snacks                      | Walnut Cake                     | Cranberry muffin                | Cinnamon pineapple cake         | Assorted cookies                | Nuts & Butter cookies           | Marble cake                     |                                |
| Beverage                          | Tea                             | Tea                             | Tea                             | Tea                             | Tea                             | Coffee                          |                                |
| Approx. Calories — Mid Morning    | 372 kcal                        | 356 kcal                        | 332 kcal                        | 436 kcal                        | 452 kcal                        | 372 kcal                        | 0 kcal                         |
| LUNCH                             |                                 |                                 |                                 |                                 |                                 |                                 |                                |
| Rice                              | Rice                            | Pasta White sauce               | White rice                      | Ghee rice                       | Rice                            | White rice                      | Puliyogare                     |
| Indian Bread                      | Whole Wheat Chapati             | Focaccia 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                 | Semolina curd Rice             |
| Non-Veg/Pepper Water              | Garlic Rasam                    | Cream of Potato corn soup       | Pepper Rasam                    | Moringa Soup                    | Egg curry                       | Rasam                           |                                |
| Raita/Curd                        | Curd                            |                                 | Masala curd                     | Curd                            | curd                            | Curd                            |                                |
| Salad/Vada                        | Urad dall vada                  |                                 |                                 |                                 | Red Cabbage Poriyal             | Carrot & Coconut salad          | Pappad                         |
| Pickle/Chutney                    | Pappad                          |                                 | Pappad                          | Pickle                          | Pickle                          | pappad                          | Pickle                         |
| Fruit/Dessert                     | Fruit                           | Choco Trifle                    | Fruit                           | Fruit                           | Fruit                           | Fruit                           | Fruit                          |
| Approx. Calories — Lunch          | 635 kcal                        | 897 kcal                        | 571 kcal                        | 650 kcal                        | 812 kcal                        | 730 kcal                        | 410 kcal                       |
| EVENING SNACKS                    |                                 |                                 |                                 |                                 |                                 |                                 |                                |
| Snacks                            | Croissant                       | Vengaya vada                    | Green gram Sundal               | Egg /Veg puff                   | Pizza                           | Potato Bonda                    | Paal bun                       |
| Beverage                          | Tea                             | Tea                             | Tea                             | Tea                             | Coffee                          | tea/coffee                      | Lemon Mint Tea                 |
| Approx. Calories — Evening Snacks | 452 kcal                        | 372 kcal                        | 202 kcal                        | 402 kcal                        | 338 kcal                        | 368 kcal                        | 322 kcal                       |
| DINNER                            |                                 |                                 |                                 |                                 |                                 |                                 |                                |
| Soup                              | Corn Potato Soup                |                                 | Lemon coariander Soup           |                                 |                                 | —                               | —                              |
| Rice                              | Rice                            | Rice                            | Noodles                         | Rice                            | White rice                      | Chicken Briyani                 | Rice                           |
| Bread                             | Chapathi                        | Roti                            | Chilli Chicken                  | Tawa Roti                       | Poori/Channa Masaal             |                                 | Chapathi                       |
| Pulses/Dal/Veg                    | Mutter dal                      | Dal fry                         | chilli paneer                   |                                 |                                 | Raitha                          | Dal jeera                      |
| Veg/Paneer                        | Paneer shobia                   | Paneer butter masala            | Potato wedges                   | Paneer butter Masala            | Aloo jeera                      | Veg briyani/Brinjal Salna       | Paneer do piazza               |
| Non-Veg                           | Chicken Curry                   | Aloo matar                      |                                 | Butter Chicken Masala           |                                 | Chicken Curry                   | Chicken Vindaloo               |
| Pepper Water/Raita                | Rasam                           |                                 |                                 |                                 | Rasam                           | Mushroom matar                  | Rasam                          |
| Fruit/Dessert                     | Palkova                         | Gulab Jamun                     | Brownie                         | Caramel Custard                 | Rawa Cake                       | Shahi Tukra                     | Fruit Custard                  |
| Milk (bedtime)                    |                                 | Hot Milk                        |                                 |                                 | Hot Milk                        |                                 |                                |
| Approx. Calories — Dinner         | 1163 kcal                       | 1014 kcal                       | 988 kcal                        | 891 kcal                        | 759 kcal                        | 958 kcal                        | 889 kcal                       |
| TOTAL DAILY CALORIES (approx.)    | 3689 kcal                       | 3610 kcal                       | 3223 kcal                       | 3692 kcal                       | 3247 kcal                       | 3634 kcal                       | 1889 kcal                      |

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

Calorie values are approximate estimates based on standard serving sizes (Main course/meal: approx. 400-600g; Chota & Snacks: approx. 200g) and typical calorie density of Indian recipes/ingredients. Actual values may vary with recipe, ingredients and preparation method.