



MENU



Date	21-Sep-26	22-Sep-26	23-Sep-26	24-Sep-26	25-Sep-26	26-Sep-26	27-Sep-26
Day	Mon	Tues	Wed	Thu	Fri	Sat	Sun
CHOTA							
Bun	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/Milk Shack / Tea
Cereals	Porridge	Porridge	Oats Porridge	Corn flakes/Chocos	Oats Porridge	Millet Cereals	Masal Dosa - Sambhar
Bread	Toast/ White Bread/ Brown Bread	Toast/ White Bread/ Brown Bread	Toast/ Oats Bread/ Brown Bread	Toast/ Fruit Bread/ Brown Bread	Toast/ White Bread/ Brown Bread	Toast/ Oats Bread/ Brown 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	Mix Veg Semiya Upma	Podi Uthappam	Banana Pan cake	Aval Green Peas Sevai	Idly	Wheat Rawa Bath	
2nd Veg Dish	Paneer Bhajji	Channa Butter Masala	Bread Paneer Bhaji	Paneer stick	Sambhar	Aloo matar cutlet	
Egg/Sausages	Boiled egg		Boiled Egg	Fried Egg		Omlette	
Sauce	Chutney		Chocolate Sauce/Honey	Peanut Chutney	Coconut Chutney	Red Chutney	Tomato Chutney
MID MORNING							
Fruit/Snacks	Brioche	Green loaf cake	Banana Muffins	Oats Cookies	Layer Filling Cake	Layer loaf cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
LUNCH							
Rice	Rice	Basil Potato Soup	Rice	Green Peas pulao	Rice	Rice	Brinjal Rice
Indian Bread	Whole Wheat Chapati	Pepperoni Pizza With Avacado Cheese	Whole Wheat Chapati	Seasme Chapathi	Multi Grain Chapati	Whole Wheat Chapati	Fried lentils Curd rice
Pulses/ Dal	Katharikai Sambar	Spaghetti bolognese	Black Channa Curry With Leafy Vegetables	Dal Potato Green curry	Mix Dal Fry	Mysore Sambhar	
Veg/ paneer	Bhindi Tokri	Butter Chilli French fries			Buttery Mixed Veg Tossed	Flat beans Poriyal	
Veg.2			Cabbage Coconut Subji	Mix Veg Aviyal	Aloo Aapsicum curry		
Non Veg/ Pepper Water	Garlic Rasam		Rasam	Garlic Egg Masala		Rasam	
Raita/	Curd		Curd	Curd	Curd	Curd	Chutney
Salad/Papad	Masala papad		Paruppu Vada			Masala vada	Fryams
Pickle/ Chutney	Pickle		Pickle	Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Fruit	Cold dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Chikkili Masala Nuts	Onion Bhajji	Biscof Butter Buns	Potato Cheesy Crust	Boiled Assorted Protien Nuts	Chicken Samosa/Onion Samosa	Peanut Spread Bread S/W
Beverage	tea	Tea	Tea	Tea	Tea	Tea	Coffee
DINNER							
Soup							
Rice	Steamed Rice	Rajma Pulao	Mix Veg fried rice	Mutton Briyani	White Rice	Murgh Briyani /Paneer Briyani	Rice
Bread	Butter Chapati	Cheese Garlic Naan	Maggi Noodles				Whole Wheat Chapati
Pulses/ Dal/ Veg	Paruppu Kadaisai	Dal Makhani	Paneer Manchurian		Cholepoori	Curd	Dal Fry
Veg/ paneer	Tangiri Paneer Masala	Paneer Pasanda	Egg palnt with Chilli Soya	Paneer Pakoda/Fried Soya	Channa Masala	Mushroom Matar	Kofta Curry
2nd Veg./ N- Veg			Sweet n Sour Chicken	Mushroom Briyani			
Non Veg	Nei Chicken Curry			Mutton Bone curry Salna		Brinjal Salna	Nimbu Murgh Curry
Pepper Water	Rasam			Rasam	Rasam		Rasam
Fruit/ Dessert	Sweet Pumpkin Halwa	Cashew Milk Halwa	Mango Coconut Tart	Rawa Jaggery Halwa	Dry Gulab Jamun	Lemon Cut Cake	Milk Sweet
Milk		Hot Milk		Hot Milk			
Approx.Calories	2644 Kcal	2560Kcal	2680Kcal	2790Kcal	2790Kcal	2662Kcal	2630Kcal

*** Menu subject to change according to the availability of seasonal vegetable & raw material***

*Calorie values are approximate, based on Indian dietary recommendations, and calculated for main meals only.