

OCTOBER 2026 MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	12-Oct-26	13-Oct-26	14-Oct-26	15-Oct-26	16-Oct-26	17-Oct-26	18-Oct-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	Oats Porridge	Health Mix Porridge	Wheat Rawa Porridge	Muesli	Ragi Porridge	Millet Cereals	Dosa/Sambar
Bread	Toast/Brown Bread	Toast & Banana Bread	Toast/Oats Bread	Toast/Sweet Crust 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	
Main Dish	Semiya Upma	Ragi Dosa	Aval Upma	Moong Dal Chila	Black Urad Dal Idly	Sooji Upma	
2nd Veg Dish	Paneer Bajji	Sambar	Ulundu Vada		Sambar	Channa Potato Cutlet	Coconut Chutney/Tomato
Egg / Sausages	Fried Egg		Cheese Omelette			Spinach Omelette	
Sauce	Chutney	Chutney	Tomato Chutney	Chutney	Chutney		
MID MORNING							
Fruit/Snacks	Cinnamon Roll	Vanilla Cake	Coconut Cookies	Doughnuts	Sweet & Spice Cake	Orange Cupcake	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Rice	Pasta with White Sauce	White Rice	Bisibelebath	Rice	Jeera Rice	Lentil Rice with Chutney
Indian Bread	Whole Wheat Chapathi	Cheesy Veg Bun Pizza	Chapathi	Methi Chapathi	Multigrain Chapathi	Whole Wheat Chapathi	
Pulses/Dal	Mixed Veg Sambar	Creamy French Fries	Lobia Dal	Dal Roast	Methi Dal	Potato Dal Curry	
Veg/Paneer/Non-Veg Main	Yam Poriyal		Snake Gourd Poriyal	Brinjal Bath	Gobi 65	Mirchi Paneer Masala	Fried Curd Rice
Non-Veg/Pepper Water	Garlic Rasam	Green Peas Soup	Pepper Rasam		Soya Egg Curry	Rasam	
Raita/Curd	Channa Dal Curd		Masala Curd	Curd	Curd	Curd	
Salad/Vada	Plain Vada				Zucchini Tossed		Papad/Fryums
Pickle/Chutney			Pickle/Papad	Pickle	Pickle	Pickle/Papad	Pickle
Fruit/Dessert	Fruit	Cold Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Cheese Chilli Straw	Masala Stuffed Bun	Masala Puffed Rice with Nuts	Chicken Puff/Veg Puff	Mysore Bonda	Veg Cutlet	Bread with Spreads
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	Sulaimani Tea (Black)
DINNER							
Soup			Burnt Garlic Soup			—	—
Rice	Rice	Rice	Maggi Noodles	Rice	White Rice	Hyderabad Chicken Biryani	Rice
Bread	Multigrain Chapathi	Roti	Thai Lemongrass Chicken	Appam	Aloo Paratha		Chapathi
Pulses/Dal/Veg	Dal Panchmel	Dal Makhani	Paneer/Capsicum in Garlic Sauce		Veg Masala	Raita	Tomato Dal Curry
Veg/Paneer	Veg Kofta Curry	Malai Paneer	Veg Spring Roll	Black Channa with Veg Stew		Veg Biryani	Ghee Paneer Roast
Non-Veg/Veg Dry	Mutton Rogan Josh	Mixed Veg 65	Veg Fried Rice	Chicken Stew		Veg Tempura Fry	Chicken with Drumstick Curry
Pepper Water/Raita	Rasam				Rasam	Brinjal Salna	Rasam
Fruit/Dessert	Indian Sweet	Indian Sweet	Bakery Dessert	Indian Sweet	Choco Lava	Bakery Dessert	Indian Sweet
Milk (Bedtime)		Hot Milk			Hot Milk		
Approx Daily Calories	2654 kcal	2650 kcal	2768 kcal	2662 kcal	2750 kcal	2830 kcal	2687 kcal

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