



Date	29-Sep-25	30-Sep-25	01-Oct-25	02-Oct-25	03-Oct-25	04-Oct-25	05-Oct-25
Day	Mon	Tues	Wed	Thu	Fri	Sat	Sun
CHOTA							
Bun	Bun						
Beverage	Tea/ Flavoured Milk						
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/Cold Coffee/ Tea Variety Dosa - Sambhar
Cereals	Porridge	Porridge	Porridge	Chocos/ Cornflakes	Porridge	Millet	
Bread	Toast/ White Bread/ Brown Bread	Toast/ White Bread/ Brown Bread	Toast/ Fruit Bread/ Brown Bread	Toast/ Oats 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	Suji Upma	Plain Paratha	Palak Paratha	Puri	Uttapam	Aloo Paratha	
2nd Veg Dish	Paneer Bhaji	Bhaji	Black Chana	Bhaji	Sambhar	Curd	
Egg/Sausages	Boiled Egg		Scrumble Egg	Omelette			
Sauce	Tomato Ketchup	Chutney			Coconut Chutney	Tomato Ketchup	Coconut Chutney - Tomato Chutney
MID MORNING							
Fruit/Snacks	Cookies	Blueberry Cup Cake	Pineapple Pastry	Coleslaw Sandwich	Plum Cake	Melting Moments	
Beverage	Tea	Tea	Coffee	Tang /Tea	Tang / Coffee	Tang /Tea	
LUNCH							
Rice	Rice	Soya Pulao	Steamed Rice	Steamed Rice	Kashmari Pulao	Veg Biryani	Lemon Rice
Indian Bread	Whole Wheat Chapati	Coin Paratha	Whole Wheat Chapati	Whole Wheat Chapati	Kerla Paratha		Curd Rice
Pulses/ Dal	Shambhar	Dal	Rajma	Dal Punchmail	Dal Makhani	Matar Mushroom	
Veg/ paneer	Beetroot Poriyal	Paneer Batar Masala	Mix Veg	Veg Korma	Paneer Malai Tikka	Mirchi Salana	Chutney
Veg.2/ Conti				Chicken Korma		Chicken Biryani	
Non Veg/ Pepper Water	Vada	Chicken Butter Masala	Rasam	Rasam	Chicken Malai Tikka	Chicken Curry	
Raita/	Curd	Raita	Raita	Raita	Chutney	Raita	
Salad	Salad	Salad	Salad	Salad	Salad		Pappad
Pickle/ Chutney	Rasam/ Pickle	Pickle	Pickle / Fryam	Pickle / Fryam	Pickle		Pickle
Fruit/ Dessert	Fruit	Fruit	Fruit	Fruit	Fruit	Brownie	Fruit
EVENING SNACKS							
Snacks	Chinese Roll	Pazham Pori	Onion Pokara	Dal Vada	Veg Puff	Chicken Cutlet/ Veg Cutlet	Tea Cake
Beverage	Coffee	Tea	Tea	Coffee	Tea	Tea	Coffee
DINNER							
Soup							
Rice	Steamed Rice	Rice	Rice	Rice	Rice	Rice	Rice
Bread	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati
Pulses/ Dal/ Veg	Dal Makhani	Dal Fry	Dal	Dal	Cholle	Dal	Dal Fry
Veg/ paneer	Paneer Lababdar	Paneer Kadhai	Veg Kofta	Paneer Kholapuri	Aloo Beens	Paneer Kali Mirch	Matar Paneer
2nd Veg./ N- Veg/ Conti				Gobhi 65		Bhindi Masala	
Non Veg	Chicken Kali Mirch						Chicken Do Pyaza
Pepper Water	Rasam	Rasam	Rasam	Rasam		Rasam	Salad
Fruit/ Dessert	Gulabjamun	Peda		Kheer	Rava Kesari	Cheese Cake	Payasam
Milk							

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