

MENU — THE LAWRENCE SCHOOL, LOVEDALE

Date	24-Aug-26	25-Aug-26	26-Aug-26	27-Aug-26	28-Aug-26	29-Aug-26	30-Aug-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	Porridge	Cereals	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	Pav bhaji	Masala Poha	Carrot & Capsicum idly	Wheat rawa upma	
2nd Veg Dish	Veg cutlet	Sambar	Cheese cutlet		Sambar	Cheese omlette	
Egg / Sausages	Fried egg		Omlette	Boiled Egg		Cheese cutlet	
Sauce	Chutney	Chutney	Tomato chutney	Red Chutney	Chutney	Chutney	Coconut Chutney/Tomato Chutney
MID MORNING							
Fruit/Snacks	Bread Loaf cake	Coconut Cookies & Salt cookies	Swiss roll	Strawberry Cake	Mexican Layer cake	Coffee Pudding cake	
Beverage	Tea	Tea	Tea	Tea	Tea	Coffee	
LUNCH							
Rice	Rice	Sphagetti Bolognasie	Onam Special Saathya	White rice	Rice	White rice	Burnt Garilic & Fried Onion rice
Indian Bread	Whole Wheat Chapati	Tomato cheese Crosttini		Methi chapathi	Chapathi	Whole Wheat Chapati	
Pulses/Dal	Dal Methi & Veg Sambar	French fries		Dal Lobia		Vendakkai Sambar	
Veg/Paneer/Non-Veg Main	Potato Poriyal/Beetroot poriyal			Ridge gourd (peerkagkai)	Aloo Soya Masala		Curd Rice
Non-Veg/Pepper Water	Garlic Rasam	Cream of Broccoli soup		Moringa Soup	Egg bhurji curry	Rasam	Veg Kurma
Raita/Curd	Turmeric Tempered curd			Curd	curd	Curd	
Salad/Vada	Masal vada				Chow chow Poriyal	Yam Poriyal	
Pickle/Chutney				Pickle	Pickle	Pickle	Pickle/papad
Fruit/Dessert	Fruit	Ice cream		Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Coconut Stuffed Croissant	Milk Banana Cake	Masala Peanut	Black Sundal Tempered	Mangalore Bonda & Chutney	Bread Bajji & Tomato Sauce	Chilli Garlic cheese Bread
Beverage	Tea	Tea	Tea	Tea	Coffee	Tea/coffeee	Pineapple cinnamon Black Tea
DINNER							
Soup	Carrot soup		Cream of tomato			—	—
Rice	Rice	Rice	Maggi Noodles & Fried Rice	Rice	White rice	Chicken Briyani /Paneer Briyani	Rice
Bread	Chapathi	Naan	Fried Honey Chicken	Parotta	Aloo paratha		Chapathi
Pulses/Dal/Veg	Mutton Curry	Beetroot Dal fry	Veg springroll			Raitha	Dal Fry
Veg/Paneer	Paneer shobia	Palak Paneer	Chilli paneer	Paneer butter Masala	Channa Curry	Mutter Mushroom/Chilli Salna	Veg kofta
Non-Veg	Mutton curry			Butter Chicken Masala	Boondi Raitha	Chicken Curry	Chicken Cashew curry
Pepper Water/Raita	Rasam	Rasam		Rasam	Rasam		Rasam
Fruit/Dessert	Kajukatli/Mothi ladoo	Gulab Jamun	Jelly	Phirni	Choco lava	Coconut Sago payasam	kawni Rice kheer
Milk (bedtime)		Hot Milk			Hot Milk		
Calories	2860kcal	2604kcal	2750kcal	2660kcal	2590kcal	2801kcal	2794kcal

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