



FOOD MENU

FOR AY 2025-26

Week

01

MONDAY

BREAKFAST

SIZZLING SAMBAR IDLI
(Idli with Sambar)

LUNCH MENU

- **VITAMIN BOOST SALAD**
(Cucumber and Carrot Salad)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **PROTEIN POWER LEMON RICE**
(Lemon Rice with Roasted Peanut)
- **ENERGY BOOST LADOO**
(Jaggery and Coconut Ladoo)
- **FIBER-RICH CHAPATI**
(Whole Wheat Chapati)
- **BALANCED VEGGIE CURRY**
(Simple Vegetable Curry)

TUESDAY

BREAKFAST

VEGGIE PIESTA PARATA WITH MASALA LORD
(Mix Veg Parata with Chat Masala curd)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **PROTEIN-PACKED SAMBAR RICE**
(Sambar Rice)
- **NUTRITIOUS SABUDANA DELIGHT**
(Sabudana Payasam)
- **SOFT FIBER PHULKA**
(Phulka: Soft Chapati)
- **PROTEIN-RICH CHANA MASALA**
(Chana Masala: Chickpea Curry)

WEDNESDAY

BREAKFAST

MILD MAGIC MASALA DOSA WITH CHUTNEY
(Masala Dosa with mild potato filling with Chutney)

LUNCH MENU

- **BEETROOT BOOST SALAD**
(Beetroot and Cucumber Salad with Lemon and Coriander)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **TOMATO TANGO RICE**
(Tomato Bath: Tomato Rice)
- **SWEET BLISS JAMOON**
(Gulab Jamoon)
- **FLAKY DELIGHT PARATHA**
(Paratha)
- **CREAMY PANEER MAGIC**
(Paneer Butter Masala)

THURSDAY

BREAKFAST

BAJI BLISS PURI
(Puri Bhaji)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **COCONUT CRUNCH RICE**
(Coconut Rice with Grated Coconut and Roasted Peanuts)
- **JAGGERY RICE PUDDING**
(Rice Pudding with Jaggery)
- **SMOKY TANDOORI ROTI**
(Tandoori Roti)
- **VEGGIE KURMA DELIGHT**
(Vegetable Kurma)

FRIDAY

BREAKFAST

MINI VEGGIE UTTAPAM
(Mini Uttapam with mixed veg saghu)

LUNCH MENU

- **MIXED VEGGIE POWER SALAD**
(Mixed Veggie Salad)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **JEERA RICE MAGIC**
(Jeera Rice)
- **MULTI GRAIN ENERGY LADOO**
(Multi Grain Ladoo)
- **CLASSIC CHAPATI**
(Chapati)
- **DAL TADKA MAGIC**
(Dal Tadka: Yellow Lentil Curry)



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02

MONDAY

BREAKFAST

RAVA DELIGHT WITH COCONUT BLISS
(Rava Idli with Coconut chutney)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **POMEGRANATE CURD DELIGHT**
(Curd Rice with Pomegranate)
- **FIBER-RICH ROTI**
(Whole Wheat Roti)
- **KADAI VEGGIE MAGIC**
(Kadai Vegetable Curry)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **GOLDEN RAVA BLISS**
(Rava Kesari)

TUESDAY

BREAKFAST

VIBRANT VERMICELLI UPMA
(vermicelli with veggies)

LUNCH MENU

- **MINTY TOMATO CUCUMBER SALAD**
(Tomato Cucumber Salad with Mint Leaves)
- **SOFT FIBER PHULKA**
(Phulka: Soft Chapati)
- **PROTEIN-PACKED DAL FRY**
(Dal Fry) "PROTEIN-PACKED DAL FRY"
- **VEGGIE PULAV POWER**
(Vegetable Pulav with Raitha)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **NUTTY BESAN BLISS**
(Besan Ladoo)

WEDNESDAY

BREAKFAST

TOMATO TANGO SET DOSA
(Set Dosa with Tomato Chutney)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **BISIBELE BATH BLISS**
(Bisibele Bath)
- **FLAKY DELIGHT PARATHA**
(Paratha)
- **CREAMY PANEER MAGIC**
(Paneer Tikka Masala)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **NUTRITIOUS SEMIYA DELIGHT**
(Semiya Payasam)

THURSDAY

BREAKFAST

CURD TASTIC ALOO PARATHA
(Aloo Parota With Curd)

LUNCH MENU

- **CORIANDER VEG FIESTA**
(Mixed Veg Salad with Coriander)
- **TANGY TAMARIND RICE**
(Tamarind Rice)
- **CLASSIC ROTI**
(Roti)
- **ALOO GOBI DELIGHT**
(Aloo Gobi Curry)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **CREAMY BANANA BLISS**
(Banana Custard)

FRIDAY

BREAKFAST

PROTEIN POWER PANEER SANDWICH
(Paneer Sandwich)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **VEGGIE FRIED RICE POWER**
(Vegetable Fried Rice)
- **METHI ROTI**
(Roti)
- **CREAMY DAL MAKHANI**
(Dal Makhani)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **SWEET TREAT DELIGHT**
(Ice Cream/Broken Wheat Ladoo)



FOOD MENU

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Week

03

MONDAY

BREAKFAST

SPRUD TACULAR MASALA DOSA
(Masala Dosa with mild potato filling)

LUNCH MENU

- **FRESH GREENS DELIGHT**
(Green Salad)
- **ZESTY LEMON RICE**
(Lemon Rice)
- **CLASSIC CHAPATI**
(Chapati)
- **PROTEIN-PACKED CHOLE**
(Chole)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **CARROT HALWA BLISS**
(Carrot Halwa)

TUESDAY

BREAKFAST

PEANUT POWER POHA
(Aval Upma)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **CUCUMBER CURD DELIGHT**
(Curd Rice with Cucumber)
- **SOFT FIBER PHULKA**
(Phulka)
- **VEGGIE KURMA MAGIC**
(Veg Curry)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **NUTTY BESAN BLISS**
(Besan Ladoo)

WEDNESDAY

BREAKFAST

CHOLE CHARM PURI
(Puri with chole)

LUNCH MENU

- **CARROT CORN CRUNCH SALAD**
- **METHI RICE MAGIC**
(Methi Rice)
- **SMOKY TANDOORI ROTI**
(Tandoori Roti)
- **GOBI MASALA DELIGHT**
(Gobi Masala)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **GOLDEN GHEE PONGAL**
(Sweet Pongal)

THURSDAY

BREAKFAST

RAGI RHAPSODY DISA WITH TANGY CHUNTEY
(Ragi Dosa with tomato chutney)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **PROTEIN-PACKED SAMBAR RICE**
(Sambar Rice)
- **CLASSIC CHAPATI**
(Chapati)
- **SPINACH DAL DELIGHT**
(Spinach Dal: Palak Dal)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **FRUITY JELLY TREAT**
(Fruit Flavored Jelly)

FRIDAY

BREAKFAST

PAV BHAJI EXTRAVAGANZA
Paav Bhaji

LUNCH MENU

- **PAPAYA WITH GRAPHS SALAD**
- **VEGGIE CORN PULAO POWER**
(Vegetable AND Corn Pulao)
- **CLASSIC CHAPATI**
(Chapati)
- **MASOOR DAL MAGIC**
(Masoor Dal Gravy)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **SWEET BLISS JAMOON**
(Gulab Jamoon)



FOOD MENU

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Week

04

MONDAY

BREAKFAST

TOMATO TANGO UTTAPAM
(Tomato Uttapam with mixed veg saghu)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **TANGY TAMARIND RICE**
(Puliyodarai)
- **FIBER-RICH ROTI**
(Whole Wheat Roti)
- **SPICY ALOO DELIGHT**
(Aloo Masala)
- **CRUNCHY DELIGHT**
(Fryms/Aplam)
- **CREAMY RICE BLISS**
(Rice Pudding)

TUESDAY

BREAKFAST

CURD - TASTIC ALOO PARATHA
(Aloo Parota With Curd)

LUNCH MENU

- **MINTY SPROUTS POWER SALAD**
(Mixed Sprouts Salad with Lemon and Mint)
- **FLAKY DELIGHT PARATHA**
(Paratha)
- **VEGGIE CURRY MAGIC**
(Mixed Vegetable Curry)
- **SPICY CURD RICE DELIGHT**
(Curd Rice with Green Chillies)
- **CRUNCHY DELIGHT**
(Fryms/Aplam)
- **SWEET MALPOHAVA TREAT**
(Malpohava)

WEDNESDAY

BREAKFAST

VEGGIE DELIGHT SET DOSA
(Set Dosa with vegetable sagu)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **VEGGIE BIRYANI BLISS**
(Vegetable Biryani)
- **POORI**
(Ajwain poori)
- **CREAMY PANEER MAGIC**
(Paneer Butter Masala)
- **CRUNCHY DELIGHT**
(Fryms/Aplam)
- **SWEET BREAD BLISS**
(Bread Halwa)

THURSDAY

BREAKFAST

VIBRANT VERMICELLI UPMA
(vermicelli with veggies)

LUNCH MENU

- **CARROT CUCUMBER CRUNCH**
(Carrot and Cucumber Salad)
- **PEANUT POWER LEMON RICE**
(Lemon Rice with Peanuts)
- **CLASSIC CHAPATI**
(Chapati)
- **PROTEIN-PACKED VEGGIE SAMBAR**
(Vegetable Sambar)
- **CRUNCHY DELIGHT**
(Fryms/Aplam)
- **JAGGERY RICE PUDDING**
(Rice Pudding with Jaggery)

FRIDAY

BREAKFAST

SIZZLING SAMBAR IDLI
(Idli with Sambar)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **COCONUT CRUNCH RICE**
(Coconut Rice)
- **CLASSIC CHAPATI**
(Chapati)
- **PROTEIN-RICH CHANA DAL**
(Chana Dal Curry)
- **CRUNCHY DELIGHT**
(Fryms/Aplam)
- **GOLDEN RAVA BLISS**
(Rava Kesari)



FOOD MENU

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Week

05

MONDAY

BREAKFAST

MILLET MAGIC DOSA
(Millet Dosa with coconut chutney)

LUNCH MENU

- **ZESTY VEGGIE CRUNCH**
(Fresh Mixed Vegetable Salad with Lemon)
- **BEETROOT BLISS CURD**
(Pink Curd Beetroot)
- **FIBER-RICH ROTI**
(Whole Wheat Roti)
- **SPINACH POWER CURRY**
(Spinach Curry)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **COCONUT SWEET BLISS**
(Coconut Burfi)

TUESDAY

BREAKFAST

GOLDEN CRISP & ALOO TREAT
(Puri with Aloo bhaji)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **VEGGIE BIRYANI BLISS**
(Vegetable Biryani)
- **SOFT FIBER PHULKA**
(Phulka)
- **PROTEIN-PACKED DAL MIX**
(Mixed Dal: Lentils)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **GOLDEN MOONG BLISS**
(Moong Dal Halwa)

WEDNESDAY

BREAKFAST

SPUD TACULR MASALA DOSA Masala Dosa
(with mild potato filling)

LUNCH MENU

- **CARROT BEETROOT BOOST**
(Carrot and Beetroot Salad)
- **CORN PEAS PULAO POWER**
(Corn and Peas Pulao)
- **SMOKY TANDOORI ROTI**
(Tandoori Roti: "SMOKY TANDOORI ROTI")
- **PROTEIN-RICH CHANA MASALA**
(Chana Masala)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **JAGGERY RICE PUDDING**
(Rice Pudding with Jaggery)

THURSDAY

BREAKFAST

BOMBAY BHAJJI BASH
(Paav Bhaji)

LUNCH MENU

- **SEASONAL FRUIT FIESTA**
(Seasonal Fruits with a Dash of Salt and Pepper)
- **METHI RICE MAGIC**
(Methi Rice)
- **CLASSIC CHAPATI**
(Chapati)
- **CREAMY PANEER MAGIC**
(Paneer Masala)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **SWEET BADUSHA TREAT**
(Badusha)

FRIDAY

BREAKFAST

NUTTY DELIGHT ALOO
(Aloo Sandwich)

LUNCH MENU

- **NAVARATHNA SPROUTS SALAD**
(Sprouted Salad)
- **COCONUT CRUNCH RICE**
(Coconut Rice)
- **CLASSIC CHAPATI**
(Chapati)
- **ALOO GOBI DELIGHT**
(Aloo Gobi)
- **CRUNCHY DELIGHT**
(Fryms/Applam)
- **CREAMY BANANA BLISS**
(Banana Custard)



KIDS CLUB

EVENING SNACKS

Week

01

MONDAY

EVENING SNACKS

- Corn Chat:
CRUNCHY CORN FIESTA
- Watermelon Juice:
REFRESHING WATERMELON SPLASH

TUESDAY

EVENING SNACKS

- Paneer Pakoda:
PANEER CRUNCH BITES
- Lemon Juice:
ZESTY LEMON REFRESHER

WEDNESDAY

EVENING SNACKS

- Tava Fried Veg Cutlets:
TAVA VEGGIE CUTLETS
- Horlicks:
MALTED ENERGY DRINK

THURSDAY

EVENING SNACKS

- Coin Dosa:
COIN DOSA FUN
- Badam Milk:
ALMOND MILK DELIGHT

FRIDAY

EVENING SNACKS

- Cornflakes with Milk:
CRUNCHY CORNFLAKES DELIGHT



KIDS CLUB

EVENING SNACKS

Week

02

MONDAY

EVENING SNACKS

- Mini Dosas with Chutney:
MINI DOSA DELIGHT
- Warm Milk with a Dash of Turmeric:
GOLDEN MILK ELIXIR

TUESDAY

EVENING SNACKS

- Boiled Channa:
PROTEIN-PACKED CHANNA
- Lemon Juice:
ZESTY LEMON REFRESHER

WEDNESDAY

EVENING SNACKS

- Papdi Chat:
CRISPY PAPDI MAGIC
- Vanilla Milk Shake:
CREAMY VANILLA SHAKE

THURSDAY

EVENING SNACKS

- Veg Sandwich:
VEGGIE SANDWICH TREAT
- Bournvita:
CHOCO ENERGY BOOST

FRIDAY

EVENING SNACKS

- Bhel Puri:
TANGY BHEL PURI
- Badam Milk:
ALMOND MILK DELIGHT



KIDS CLUB

EVENING SNACKS

Week

03

MONDAY

EVENING SNACKS

- Cold Sandwich:
CHILLED SANDWICH TREAT
- Bournvita:
CHOCO ENERGY BOOST

TUESDAY

EVENING SNACKS

- Coin Dosa:
COIN DOSA FUN
- Watermelons:
JUICY WATERMELON SLICES

WEDNESDAY

EVENING SNACKS

- Toasted Bread Roll:
TOASTY BREAD ROLL
- Badam Milk:
ALMOND MILK DELIGHT

THURSDAY

EVENING SNACKS

- Bhel Puri:
TANGY BHEL PURI
- Lemon Juice:
ZESTY LEMON REFRESHER

FRIDAY

EVENING SNACKS

- Boiled Green Gram:
NUTRITIOUS GREEN GRAM
- Horlicks:
MALTED ENERGY DRINK



KIDS CLUB

EVENING SNACKS

Week

04

MONDAY

EVENING SNACKS

- Papdi Chat:
CRISPY PAPDI MAGIC
- Vanilla Milk Shake:
CREAMY VANILLA SHAKE

TUESDAY

EVENING SNACKS

- Paneer Pakoda:
PANEER CRUNCH BITES
- Lemon Juice:
ZESTY LEMON REFRESHER

WEDNESDAY

EVENING SNACKS

- Veg Sandwich:
VEGGIE SANDWICH TREAT
- Bournvita:
CREAMY VANILLA SHAKE

THURSDAY

EVENING SNACKS

- Fruit Snacks:
FRUIT SNACK MEDLEY

FRIDAY

EVENING SNACKS

- Mini Chapati:
MINI FIBER CHAPATI
- Badam Milk:
ALMOND MILK DELIGHT



KIDS CLUB

EVENING SNACKS

Week

05

MONDAY

EVENING SNACKS

- Mini Chapati:
MINI FIBER CHAPATI
- Badam Milk:
ALMOND MILK DELIGHT

TUESDAY

EVENING SNACKS

- Papdi Chat:
CRISPY PAPDI MAGIC
- Horlicks:
MALTED ENERGY DRINK

WEDNESDAY

EVENING SNACKS

- Coin Dosa:
COIN DOSA FUN
- Lemon Juice:
ZESTY LEMON REFRESHER

THURSDAY

EVENING SNACKS

- Pav Bhaji:
SPICY PAV BHAJI
- Lemon Rice:
ZESTY LEMON RICE

FRIDAY

EVENING SNACKS

- Cornflakes with Milk:
CRUNCHY CORNFLAKES DELIGHT