



**Menu for
December
2025**

"Healthy citizens are the
greatest asset any
country can have."
- Winston

**Did you know - The amount of food
wasted globally could feed India's
entire population**



Date	01 December 2025	02 December 2025	03 December 2025	04 December 2025
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Methi Poori Channa Masala	Veg Cutlet	Idli Sambhar	Matar Kulcha
Hot savoury	Rawa Upma	Corn & Cheese Sandwich	Vermicili Upma	Masala Oats
Dip/Chutney/Pulse	Green Chutney	Tomato Chutney	Green Chutney / Tomota Chutney	Salsa Sause
Fruit/Bakery	Banana	Cut Fruit	Apple	Cut Papaya
Milk/Curd	Elaichi Milk	Cornflakes with Milk	Chocos with Milk	Flavoured Milk/ Plain Milk
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal snack	Oats flex seed Cookies	Banana	Orange	Dry Fruit Cack
LUNCH				
Dal	Arhar Dal Tadka Dal Tadka	Dal Panchratan	Rajma Masala	Black Masoor Dal
Rice	Veg Biryani	Plain Rice	Steam Rice	Jeera Rice
Vegetable	Dum Aloo Panjabi	Paneer Handi	Aloo Capsicum Matar	Veg Kofta
Chapati	Ghee Oats Chapatti	Butter Chapati	Butter Chapatti	Ghee Chapati
Salad bar	Kachumber Salad	Green Salad	Green Salad	Green Salad
Dessert/Curd	Cream Of Muroom Soup	Gulab Jamun	Mix Veg Raita	Bathua Raita
Date	05 December 2025	06 December 2025	07 December 2025	08 December 2025
Day	Friday	Saturday 1	Sunday	Monday
BREAKFAST				

Cereal	Mix Veg Paratha	Kachori Bhaji		Tikona Paratha Aloo Bhaji
Hot savoury	Milk Dalia	Bikaneri Poha		Milk Daliya
Dip/Chutney/Pulse	Hung Curd Dip	Mint Sauce.Lehsun Ki Chutney		, Green Chutney
Fruit/Bakery	Banana	Cut Fruit		Apple
Milk/Curd	Flavoured Milk/ Plain Milk	Tea		Horlicks Milk
	Tea/Pickle/Ketchup			Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Chocolate Doughnut			Chocolate Cookies
LUNCH				
Dal	Sarso Aloo Bhjia	Rajma Masala		Peshawari Channa masala
Rice	Steam Rice	Steam Rice		Steam Rice
Vegetable	Kadhai panner	Jeera Aloo		Gajar Matar Aloo
Chapati	Ghee Chapatti	Butter Chapatti		Ghee Chapatti
Salad bar	Stick Salad	Kachumber Salad		Green Salad
Dessert/Curd	Gajar Ka Halwa	Gulab Jamun		Baked Patato Soup

Date	09 December 2025	10 December 2025	11 December 2025	12 December 2025
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Grill Potato Sandwich	Wada Sambhar	Gobhi Payaj Aloo Paratha	Pav Bhaji
Hot savoury	Peanut Poha	Rawa Upma	Veg Dalia	Veg Masala Oats
Dip/Chutney/Pulse	Tomato Sauce	Green Chutney/ Tomota Chutney	Green Chutney	Tomato Chutney
Fruit/Bakery	Cut Fruit	Cut Fruit	Banana	Cut Papaya
Milk/Curd	Cornflakes with Milk	Plain Milk	Plain Milk/Dahi	Elaichi Milk
	Tea/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Banana	Chocolate Muffin	Orange	Apple
LUNCH				
Dal	Kadhi pakoda	Mix Dal	Dal Makhni	Black Channa Curry
Rice	Steam Rice	Jeera Rice	Steam Rice	Jeera Rice
Vegetable	Hara Payaz Aloo	Matar Paneer	Tawa veg	Potato Wedges
Chapati	Butter Chapatti	Ghee Ragi Chapati	Butter Chapatti	Mix Sauce Pasta
Salad bar	Green Salad	Green Salad	Green Salad	Corn Salad
Dessert/Curd	Besan Burfi	Rice kheer with jaggery	Lauki Raita	Chocolate Pudding Custard
Date	13 December 2025	14 December 2025	15 December 2025	16 December 2025
Day	Saturday 2	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Samosa		Veg Uttapum Sambhar	Ragi Masala Poori Bhaji
Hot savoury	Sabut Dana Dalia		Veg Rawa Upma	Veg Dalia
Dip/Chutney/Pulse	Green Chutney/ Tomota Chutney		Coconut & Tomato Chutney	Green Chutney
Fruit/Bakery	Cut Fruit		Banana	Apple
Milk/Curd	Tea/Pickle/Ketchup		Boost Milk	Chocolate Milk
			Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack			Dry Fruit Cake	Banana
LUNCH				
Dal	Dal Makhni		Rajma Masala	Yellow Dal Tadka
Rice	Jeera Pulaw		Steam Rice	Tadka Rice
Vegetable	Tawa Veg		Achari Aloo	Gajar Matar Aloo
Chapati	Ghee Chapatti		Ghee Chapatti	Butter Chapatti
Salad bar	Green salad		Green salad	Green Salad
Dessert/Curd	Balushai		Fruit Raita	Tomato Soup
Date	17 December 2025	18 December 2025	19 December 2025	20 December 2025
Day	Wednesday	Thursday	Friday	Saturday 3
BREAKFAST				
Cereal	Idli Sambhar	Aloo Payaj Paratha	Vada Pav	Bread Pakoda

Hot savoury	Vermicelli Upma	Sweet Dalia	Pongal Khichadi	Veg Dalia
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney	Pickle	Green Chutney/ Tomato Ketchup	Mint Sauce
Fruit/Bakery	Banana	Apple	Cut Papaya	Fruit
Milk/Curd	Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/Plain Milk	Tea
	Tea/Pickle/Ketchup	Tea/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Choco chip Cookies	Banana	Tutti Frutti Muffin	
LUNCH				
Dal	Pindi Chole	Dal Maharani	Kadhi Pakoda	Dal Bukhara
Rice	Steam Rice	Jeera Rice	Steam Rice	Steam Rice
Vegetable	Pumpkin Masala	Palak Paneer	Mehi Aloo	Malai Kofta
Chapati	Ghee Chapatti	Butter Chapatti	Butter Chapatti	Chapati
Salad bar	Green salad	Green Salad	Kachumber Salad	Kachumber Salad
Dessert/Curd	Moong dal Halwa	Mix Veg Raita	Besan Burfi	Jalebi
Date	21 December 2025	22 December 2025	23 December 2025	24 December 2025
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Kanjiwaram Idli Sambhar	Methi Thepla With Aloo Bhaji	Ajwain Poori (Aloo puri roll - K1 K2)
Hot savoury		Vermicelli Upma	Sabudana Porridge	Black Channa Curry
Dip/Chutney/Pulse		Green Chutney/ Toamato Chutney	Mint Sauce	Sprout Chaat
Fruit/Bakery		Banana	Apple	Banana
Milk/Curd		Hot Chocolate Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Hollicks Milk
		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack		Orange	Dry Fruit Muffin	Chocolate Atta Muffin
LUNCH				
Dal		Rajasthani Dal Tadka	Black Masoor Dal	Palak Chana Dal
Rice		Steam Rice	Steam Rice	Steam Rice
Vegetable		Mix Veg	Gobhi Matar Aloo	Matar Paneer
Chapati		Butter Chapatti	Butter Chapatti	Chapati
Salad bar		Stick Salad	Green Salad	Green Salad
Dessert/Curd		Suji Halwa	Bathua Raita	Veg Hot & Saur soup
Date	25 December 2025	26 December 2025	27 December 2025	28 December 2025
Day	Thursday	Friday	Saturday 4	Sunday
BREAKFAST				

Cereal		Pav Bhaji	Stuff Paneer Kulcha	
Hot savoury		Bikaneri Poha	Rawa Upma	
Dip/Chutney/Pulse		Green Chutney/ Tomota Sauce	Green Chutney/ Tomota Sauce	
Fruit/Bakery		Apple	Apple	
Milk/Curd		Flavoured Milk/Plain Milk	Flavoured Milk/Plain Milk	
		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack		Banana		
LUNCH				
Dal		Mexican Rice	Veg Biryani	
Rice		Garlic Bread	Raita & Green Chutny	
Vegetable		Mix Sauce Pasta	Veg Machurian	
Chapati		Manchow Soup	Singapuri Noodle	
Salad bar		Green Salad	Lawa Cake	
Dessert/Curd		Fruit Custard Pudding	Cheese Ball	
Date	29 December 2025	30 December 2025	31 December 2025	
Day	Monday	Tuesday	Wednesday	
BREAKFAST				
Cereal	Poori Bhaji	Bread Pakoda		
Hot savoury	Suji Halwa	Milk Dalia		
Dip/Chutney/Pulse	Mint Sauce	Tomato Chutney		
Fruit/Bakery	Banana	Cut Fruit		
Milk/Curd	Hrlicks Milk	Cornflakes with Milk		
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup		
SNACKS				
Dispersal Snack	Chocolate Doughnut	Banana		
LUNCH				
Dal	Peshawari Channa Masala	Dhaba Dal		
Rice	Veg Pulao	Steam Rice		
Vegetable	Sarso Ka Saag	Kadhai Paneer		
Chapati	Missi Riti	Butter Chapati		
Salad bar	Green Salad	Corn salad		
Dessert/Curd	Boondi raita	Gulab Jamun		
ABOUT THE MENU				
Total Nutrition (approx One serve)	K calories	Protein	Carbs	Fat
Breakfast	Up to 600 kcal	up to 20 gm	up to 100 gm	Up to 10 gm
Lunch	Up to 700 kcal	up to 25 gm	up to 120 gm	Up to 20 gm
Special Note:				
All Food preparations are in Mustard oil				

South Indian food and Halwas prepared in Desi Ghee			
Provide both options of Milk flavoured and plain without sugar.			
Jaggery will be available as a sugar substitute.			