



Menu for August 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 August 2025	02 August 2025	03 August 2025
Day	Friday	Saturday	Sunday
BREAKFAST			
Cereal	Mix Veg Paratha	Kachori Bhaji	
Hot savoury	Ragi Bread panner Sandwich	Vermacilli Upma	
Dip/Chutney/Pulse	Hung curd Dip	Green Chutney	
Fruit/Bakery	Banana	Cut Fruit	
Milk/Curd	Flavoured Milk/ Plain Milk	Tea	
SNACKS			
Dispersal snack	Ragi Cookies		
LUNCH			
Dal	Black Masoor Dal	Lobia Dal	
Rice	Jeera Rice	Steam Rice	
Vegetable	Lauki Masala	Kadhai panner	
Chapati	Butter Oats Chapatti	Ghee Chapatti	
Salad bar	Green Salad	Green salad	
Dessert/Curd	Phirni with Nuts	Boondi Raita	
Date	05 August 2025	06 August 2025	07 August 2025
Day	Tuesday	Wednesday	Thursday
BREAKFAST			
Cereal	Paneer Stuff Kulcha	Idli Sambhar	Vegetable Besan Chilla
Hot savoury	Indori poha	Veg Sandwich	Veg Rawa Upma
Dip/Chutney/Pulse	Green Chutney	Coconut Chutney	Mint Chutney
Fruit/Bakery	Pear	Banana	Cut Muskmelon
Milk/Curd	Flavoured Milk/ Plain Milk	Cornflakes Milk	Flavoured Milk/ Plain Milk
SNACKS			
Dispersal Snack	Banana	Walnut Cake	Banana
LUNCH			
Dal	Channa Dal Tadka	Dal Panchratan	Dal Dhaba
Rice	Steam Rice	Plain Rice	Zeera Rice
Vegetable	Mix Veg	Aloo Gobhi Matar	Paneer Butter Masala
Chapati	Ghee Chapati	Butter Chapati	Ghee Ragi Chapati
Salad bar	Green Salad	Green Salad	Green Salad
Dessert/Curd	Lauki Raita	Mango Shrikhand	Boondi raita

Date	09 August 2025	10 August 2025	11 August 2025
Day	Saturday	Sunday	Monday
BREAKFAST			
Cereal			Pav Bhaji
Hot savoury			Sweet Dalia
Dip/Chutney/Pulse			Tomato Chutney
Fruit/Bakery			Banana
Milk/Curd			Elaichi Milk
SNACKS			
Dispersal Snack			Choclate Doughnut
LUNCH			
Dal			Rajma Rasila
Rice			White Rice
Vegetable			Beans Aloo
Chapati			Butter Chapatti
Salad bar			Green Salad
Dessert/Curd			Pimeapple Raita
Date	13 August 2025	14 August 2025	15 August 2025
Day	Wednesday	Thursday	Friday
BREAKFAST			
Cereal	Idli Sambhar	Palak Poori Aloo Bhaji	
Hot savoury	Veg sandwich	Sewiyan porridge	
Dip/Chutney/Pulse	Coconut Chutney	Green Chutney	
Fruit/Bakery	Banana	Pears	
Milk/Curd	Thandai Milk	Flavoured Milk/Plain Milk	
SNACKS			
Dispersal Snack	Multi Grain Cookies	Banana/Boondi Laddoo	
LUNCH			
Dal	Channa Dal Tadka	Dal Maharani	
Rice	Veg Biryani	Steam Rice	
Vegetable	Dum Aloo Panjabi	Khtta Mitha Petha	
Chapati	Ghee Oats Chapatti	Butter Chapatti	
Salad bar	Green Salad	Green Salad	
Dessert/Curd	Mishti Dahi	Boondi Ladoo	
Date	17 August 2025	18 August 2025	19 August 2025
Day	Sunday	Monday	Tuesday
BREAKFAST			
Cereal		Matar Kulcha	Medu Wada Sambhar
Hot savoury		Veg Panner Cutlet	Vermicilli Upma
Dip/Chutney/Pulse		Green Chutney/ Tomato Ketchup	Green Chutney/ Coconut Chutney
Fruit/Bakery		Banana	Pear
Milk/Curd		Flavoured Milk/Plain Milk	Flavoured Milk/ Plain Milk
SNACKS			
Dispersal Snack		Oats Cookies	Banana
LUNCH			
Dal		Dal Makhni	Kadhi Pakoda
Rice		Jeera Rice	Steam Rice
Vegetable		Paneer Lababdar	Hing Dhaniya Beans Aloo
Chapati		Butter Chapatti	Butter Chapatti
Salad bar		Green Salad	Green Salad
Dessert/Curd		Cucumber Raita	Besan Burfi
Date	21 August 2025	22 August 2025	23 August 2025
Day	Thursday	Friday	Saturday
BREAKFAST			
Cereal	Kanjiwaram Idli Sambhar	Ajwain Paratha With Aloo Bhaji	
Hot savoury	Rawa Upma	Corn&cheese Sandwich	
Dip/Chutney/Pulse	Coconut Chutney & Tomato Chutney	Toamato Ketchup	
Fruit/Bakery	Cut Muskmelon	Banana	
Milk/Curd	Thandai Milk	Flavoured Milk/ Plain Milk	

SNACKS			
Dispersal Snack	Banana	Chocochip Muffin	
LUNCH			
Dal	Lobia Dal	Yellow Dal Tadka	
Rice	Steam Rice	Spanish Rice	
Vegetable	Kadhai Paneer	Veg Stew	
Chapati	Chapati	Mix Sauce Pasta	
Salad bar	Corn salad	Green Salad	
Dessert/Curd	Boondi Raita	Ice Cream	
Date	25 August 2025	26 August 2025	27 August 2025
Day	Monday	Tuesday	Wednesday
BREAKFAST			
Cereal	Veg Uttapum	Mix Veg Paratha	Wheat Pav Bhaji
Hot savoury	Veg Rawa Upma	Coleslaw Sandwich	Sweet Daliya
Dip/Chutney/Pulse	Coconut Chutney & Tomato Chutney	Sprout Chaat	Green Chutney
Fruit/Bakery	Banana	Pears	Banana
Milk/Curd	Boost Milk	Flavoured Milk/Plain Milk	Hot Chocolate Milk/ Plain Milk
SNACKS			
Dispersal Snack	Ragi Cookies	Banana	Pears
LUNCH			
Dal	Kadhi pakoda	Lauki Chana Dal	Dal Dhaba
Rice	Steam Rice	Steam Rice	Steam Rice
Vegetable	Kuukuri Bhindi	Matar Paneer	Adriki Gobhi Aloo
Chapati	Butter Chapatti	Chapati	Butter Chapatti
Salad bar	Green Salad	Green Salad	Green Salad
Dessert/Curd	Suji Halwa	Mix Raita	Boondi ladoo
Date	29 August 2025	30 August 2025	31 August 2025
Day	Friday	Saturday	Sunday
BREAKFAST			
Cereal	Aloo payaz Paratha	Samosa	
Hot savoury	Veg Dalia	Coleslaw Sandwich	
Dip/Chutney/Pulse	Salsa Chutney	Green Chutney	
Fruit/Bakery	Banana	Cut Musk Melon	
Milk/Curd	Milk	Tea	
SNACKS			
Dispersal Snack	Panner Patties		
LUNCH			
Dal	Rajma Rasila	Red Masoor Dal	
Rice	Steam Rice	Steam Rice	
Vegetable	Kuukuri Bhindi	Kathal Masala	
Chapati	Butter Chapatti	Chapati	
Salad bar	Green Salad	Green Salad	
Dessert/Curd	Mix Raita	Bhalla Papdi chaat with sonth	
ABOUT THE MENU			
Total Nutrition (approx One serve)	K calories	Protein	Carbs
Breakfast	Up to 600 kcal	up to 20 gm	up to 100 gm
Lunch	Up to 700 kcal	up to 25 gm	up to 120 gm
Special Note:			
AllFood 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.			

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