



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

Menu for
feb 2026

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



Date	01 February 2026	02 February 2026	03 February 2026	04 February 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Mix Veg Paratha	Matar Kulcha	Idli Sambhar
Hot savoury		Milk Dalia	Masala Oats	Rawa Upma
Dip/Chutney/Pulse		Salsa Sauce	Green Chutney	Green Chutney / Tomota Chutney
Fruit/Bakery		Banana	Cut Papaya	Apple
Milk/Curd		Flavoured Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Chocos with Milk
		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal snack		Apple	Coconut Cookies	Orange/Kinnu
LUNCH				
Dal		Dal Makhni	Black Masoor Dal	Mix Dal
Rice		Steam Rice	Jeera Rice	Steam Rice
Vegetable		Gajar Matar Methi	Veg Kofta	Kadhai Paneer
Chapati		Ghee Chapatti	Ragi Ghee Chapati	Ghee Chapati
Salad bar		Stick Salad	Green Salad	Sprout Salad
Dessert/Curd		Carrot Payasam	Bathua Raita	Bersan Burfi
Date	05 February 2026	06 February 2026	07 February 2026	08 February 2026
Day	Thursday	Friday	Saturday 1	Sunday
BREAKFAST				
Cereal	Tikona Paratha Aloo Bhaji	Grill Paneer Veg Sandwich	Samosa	
Hot savoury	Veg Dalia	Peanut Poha	Vermicelli Upma	
Dip/Chutney/Pulse	Green Chutney	Tomato Sauce	Green Chutney/ Tomato Chutney	
Fruit/Bakery	Banana	Cut Fruit	Cut Fruit	
Milk/Curd	Horlicks Milk	Cornflakes with Milk		
	Tea/Pickle/Ketchup	Tea/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack	Malti Grian Muffin	Banana		
LUNCH				
Dal	Kadhi Pakoda	Veg Biryani	Rajma Rasila	
Rice	Steam Rice	Mix Veg Raita	Steam Rice	
Vegetable	Hara Payaz Aloo	Veg Machurian	Gobhi Matar Aloo	
Chapati	Butter Chapatti	Singapuri Noodle	Butter Chapatti	
Salad bar	Green Salad	Laccha Onoion	Green Salad	
Dessert/Curd	Gajar Ka Halwa	Custard Pudding	Bathua Raita	
Date	09 February 2026	10 February 2026	11 February 2026	12 February 2026
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Pav Bhaji	Wada Sambhar	Methi Masala Poori Bhaji	Veg Uttapum Sambhar/Plain Uttapum
Hot savoury	Veg Dalia	Raw Upma	Veg Dalia	Veg Moong Dal Khicdi
Dip/Chutney/Pulse	Tomato Chutney	Green Chutney/ Tomota Chutney	Green Chutney	Coconut & Tomato Chutney
Fruit/Bakery	Cut Papaya	Cut Fruit	Banana	Apple
Milk/Curd	Elaichi Milk	Plain Milk	Chocolate Milk	Boost Milk
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Dry Fruit Cake	Carrot Muffin	Apple	Banana
LUNCH				
Dal	Dal Makhni	Mix Dal	Peshawari Channa masala	Yellow Dal Tadka
Rice	Steam Rice	Jeera Rice	Steam Rice	Tadka Rice
Vegetable	Tawa veg	Matar Paneer	Mix Veg	Gobhi Matar
Chapati	Butter Chapatti	Ghee Ragi Chapatti	Ghee Chapatti	Butter Chapatti
Salad bar	Sprout Salad	Green Salad	Green salad	Green Salad
Dessert/Curd	Sooji Kesar Halwa	Rice keher with jaggery	Fruit Raita	Tomato Soup
Date	13 February 2026	14 February 2026	15 February 2026	16 February 2026
Day	Friday	Saturday 2	Sunday	Monday
BREAKFAST				
Cereal	Aloo Payaj Paratha			
Hot savoury	Sabut Dama Khicdi			
Dip/Chutney/Pulse	Green Chutney/ Tomato Ketchup			
Fruit/Bakery	Banana			
Milk/Curd	Flavoured Milk/Plain Milk			
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Chocolate Oats Doughnut			Banana
LUNCH				
Dal	Kadhi Pakoda			Dal Maharani
Rice	Steam Rice			Steam Rice
Vegetable	Mehti Aloo			Palak Paneer
Chapati	Butter Chapatti			Chapati
Salad bar	Kachumber Salad			Kachumber Salad
Dessert/Curd	Gul Dana (Sweet Boondi)			
Date	17 February 2026	18 February 2026	19 February 2026	20 February 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Idli Sambhar	Methi Thepla With Aloo Bhaji	Veg Paneer Paratha	Pav Bhaji
Hot savoury	Vermicelli Upma	Sabudana Porridge	Masala Oats	Pongal Khichdi
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney	Mint Sauce	Green Chutney/ Tomota Sauce	Green Chutney/ Tomota Sauce
Fruit/Bakery	Cut Papaya	Banana	Apple	Banana
Milk/Curd	Hot Chocolate Milk/ Plain Milk	Flavoured Milk/ Plain Milk	Flavoured Milk/Plain Milk	Flavoured Milk/Plain Milk

	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Chocolate Atta Cookies	Orange/Kinnu	Banana	Multi Grain Cookies
LUNCH				
Dal	Chana Masala	Rajasthani Dal Tadka	Rajma masala	Veg Biryani
Rice	Steam Rice	Steam Rice	Steam Rice	Herby Potato
Vegetable	Sitaphal veg	Tawa Veg	Sarso Aloo Bhujia	Mix Sauce Pasta
Chapati	Poori	Ragi Butter Chapatti	Butter Chapatti	Mix Veg Raita
Salad bar	Bathua Raita	Stick Salad	Green Salad	Green Salad
Dessert/Curd	Moong dal halwa	moong dal halwa	Baked Patato Soup	Fruit Custard Pudding
Date	21 February 2026	22 February 2026	23 February 2026	24 February 2026
Day	Saturday 3	Sunday	Monday	Tuesday
BREAKFAST				
Cereal	Kachori Bhaji		Ajwain Poori	Idli Sambar
Hot savoury	Masala Oats		Black Channa Curry	Suji Halwa
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney		Sprout Chaat	Mint Sauce
Fruit/Bakery	Cut Fruit		Banana	Banana
Milk/Curd			Flavoured Milk/ Plain Milk	Hrlicks Milk
	Tea/Pickle/Ketchup		Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack			Chocolate Atta Muffin	Orrange / Kinnu
LUNCH				
Dal	Lobia Masala		Palak Chana Dal	Peshawari Channa Masala
Rice	Steam Rice		Steam Rice	Veg Pulao
Vegetable	Gobhi Aloo Adraki		Matar Paneer	Sarso Ka Saag
Chapati	Butter Chapati		Ghee Chapati	Missi Roti
Salad bar	Kachumber Salad		Green Salad	Green Salad
Dessert/Curd	Suji Halwa		Veg Hot & Saur soup	Boondi raita
Date	25 February 2026	26 February 2026	27 February 2026	28 February 2026
Day	Wednesday	Thursday	Friday	Saturday 4
BREAKFAST				
Cereal	Muli Payaj Paratha	Uttapam Sambar	Grill Potato Sandwich	
Hot savoury	Milk Dalia	Vermicilli Upma	Masala Oats	
Dip/Chutney/Pulse	Tomato Chutney	Green Chutney	Tomato Sauce	
Fruit/Bakery	Cut Fruit	Kinnu	Banana	
Milk/Curd	Cornflakes with Milk	Flavoured Milk/ Plain Milk	Hollicks Milk	
	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack	Banana	Banana Cake	Chocolate Oats Doughnut	
LUNCH				
Dal	Dhaba Dal	Yellow Dal Tadka	Kadhi Pakoda	
Rice	Steam Rice	Jeera Rice	Steam Rice	
Vegetable	Kadhai Paneer	Methi Aloo	Achari Aloo	
Chapati	Butter Chapati	Ghee Chapati	Butter Chapati	
Salad bar	Corn salad	Green Salad	Kachumber Salad	
Dessert/Curd	Gulab Jamun	Mix Veg Raita	Besan Burfi	
Date				
Day				
BREAKFAST				
Cereal				
Hot savoury				
Dip/Chutney/Pulse				
Fruit/Bakery				
Milk/Curd				
SNACKS				
Dispersal Snack				
LUNCH				
Dal				
Rice				
Vegetable				
Chapati				
Salad bar				
Dessert/Curd				
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.				