



**Menu for
feb 2026**

"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 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 | Rawra 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 | | Strick 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 | Gobbi 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 Uttapam Sambhar/Plain Uttapam |
| Hot savoury | Veg Dalia | Rawra 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 | Gobbi Matar |
| Chapati | Butter Chapatti | Ghee Ragi Chapati | Ghee Chapatti | Butter Chapatti |
| Salad bar | Sprout Salad | Green Salad | Green salad | Green Salad |
| Dessert/Curd | Sooji Kesar Halwa | Rice kheer 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 | | | Bikaneri Poha |
| Hot savoury | Sabut Dana Khicdi | | | Veg Grill Sandwich |
| Dip/Chutney/Pulse | Green Chutney/ Tomato Ketchup | | | Mint Sauce/Tomate Ketchup |
| Fruit/Bakery | Banana | | | Cut Fruit |
| Milk/Curd | Flavoured Milk/Plain Milk | | | Flavoured Milk/Plain Milk |
| | Tea/Pickle/Ketchup | | | 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 | Sabadana Porridge | Masala Oats | Pongal Khicdi |
| Dip/Chutney/Pulse | Green Chutney/ Toamato 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 | Herbs 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 Potato 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 Sambhar |
| 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 | Orange / Kinnu |
| LUNCH | | | | |
| Dal | Lobia Masala | | Palak Chana Dal | Peshawari Channa Masala |
| Rice | Steam Rice | | Steam Rice | Veg Pulao |
| Vegetable | Gobhi Aloo Adriki | | 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 Sambhar | 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. | | | | |