

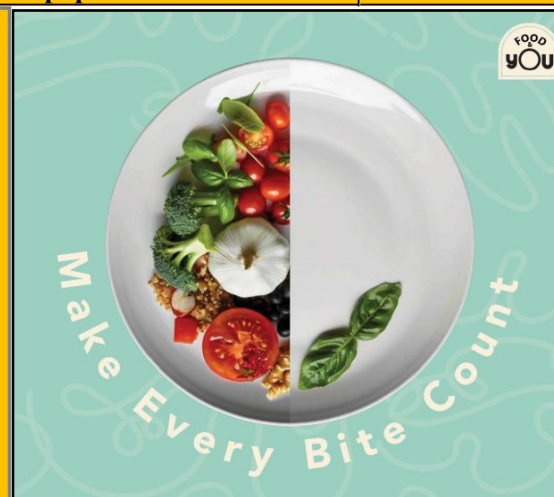


Menu for

July 2026
Healthy

"citizens are
the greatest
asset any
country can
have."

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



Date	Wednesday, July 1, 2026	Thursday, July 2, 2026	Friday, July 3, 2026	Saturday, July 4, 2026
Day	Wednesday	Thursday	Friday	Saturday 1
BREAKFAST				
Cereal	Veg Paneer Grill Sandwich	Veg Uttapam	Pav	Kachori
Cereal-2	Bikaneri Poha	Sambhar	Bhaji	Aloo Bhaji
Hot savoury	Green Chutney	Rawa Upma	Pongal Khichdi	Vermicelli Upma
Dip/Chutney/Pulse	Apple	Coconut chutney	Green Chutney	Green Chutney/ Tomato Chutney
Fruit/Bakery	Chocolate Milk	Banana	Cut Fruit	Cut Fruit
Milk/Curd	Tea/Pickle/Ketchup	Mango Shake/ plain Milk	Sweet Lassi	
		Tea/Pickle/Ketchup	Tea/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal snack	Banana	Dry Fruit Oats Cake	Banana	
LUNCH				
Dal	Tinda Masala	Rajma Masala	Veg Biryani	Dhaba Dal
Rice	Steam Rice	Steam Rice	Herbs Potato	Steam Rice
Vegetable	Kadhai Paneer	Bhindi Do Payaza	Mix Sauce Pasta	Achari Arbi
Chapati	Ghee Chapatti	Ghee Chapati	Mix Veg Raita	Butter Chapatti
Salad bar	Green salad	Sprout Salad	Corn Salad	Green Salad
Dessert/Curd	Lauki Raita	Gulab Jamun	Fruit Custard Pudding	Boondi Raita
Date	Sunday, July 5, 2026	Monday, July 6, 2026	Tuesday, July 7, 2026	Wednesday, July 8, 2026
Day	Sunday	Monday	Tuesday	Wednesday
BREAKFAST				
Cereal		Aloo Payaz Paratha	Idli	Kulcha(Atta)
Cereal-2		Oats Masala	Sambhar	Matar bhaji
Hot savoury		Tomato Sauce & Green Chutney	Sweet Dalia	Moong Dal Khicdi
Dip/Chutney/Pulse		Banana	Tomato Chutney	Green Chutney/Red Chutney

Fruit/Bakery		Horlicks Milk	Cut Fruit	Cut Papaya
Milk/Curd		Tea/Pickle/Ketchup	Thandai Milk	Sweet Lassi
			Tea/Pickle/Ketchup	Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack		Banana	Chocolate Muffin	Banana
LUNCH				
Dal		Lauki Masala	Kadhi Pakora	Pindi Chole
Rice		Tadka Rice	Steam Rice	Jeera Rice
Vegetable		Matar Paneer	Mix Veg	Lauki Tamatar Veg
Chapati		Butter Chapatti	Ghee Chapatti	Ragi Ghee Chapati
Salad bar		Green Salad	Kachumber Salad	Green Salad
Dessert/Curd		Dahi bhalla	Besan Burfi	Veg Raita
Date	Thursday, July 9, 2026	Friday, July 10, 2026	Saturday, July 11, 2026	Sunday, July 12, 2026
Day	Thursday	Friday	Saturday 2	Sunday
BREAKFAST				
Cereal	Mix Veg Paratha	MeduWada		
Cereal-2	Milk Dalia	Sambhar		
Hot savoury	Salsa Sauce	Rawa Upma		
Dip/Chutney/Pulse	Banana	Tomato Chutney		
Fruit/Bakery	Strawberry Milk	Apple		
Milk/Curd	Tea/Pickle/Ketchup/Curd	Chocolate Cold Milk		
		Tea/Pickle/Ketchup/Curd		
SNACKS				
Dispersal Snack	Ragi Muffin	Banana		
LUNCH				
Dal	Rajma Masala	Sita Fal Ki Subji		
Rice	Steam Rice	Steam Rice		
Vegetable	Beans Aloo	Kadhai Paneer		
Chapati	Ghee Chapatti	Ghee Chapatti		
Salad bar	Green Salad	Stick Salad		
Dessert/Curd	Thandi phirni	Boondi Raita		
Date	Monday, July 13, 2026	Tuesday, July 14, 2026	Wednesday, July 15, 2026	Thursday, July 16, 2026
Day	Monday	Tuesday	Wednesday	Thursday
BREAKFAST				
Cereal	Vegetables Cutlet	Curd Rice	Aloo Payaz Paratha	Veg Uttapam
Cereal-2		Coleslaw Sandwich	Veg Dalia	Sambhar
Hot savoury	Moong Dal Khichdi	Tomato Chutney	, Green Chutney	Rawa Upma
Dip/Chutney/Pulse	Green Chutney/ Tomato Chutney	Apple	Banana	Tomato Chutney
Fruit/Bakery	Banana	Flavoured Milk/Plain Milk	Horlicks Milk	Cut Fruit
Milk/Curd	Mango Shake/Plain Milk	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup/Curd	Thandai Milk
	Tea/Pickle/Ketchup			Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Fruit Cake	Banana	Chocolate Oats Doughnut	Banana
LUNCH				

Dal	Rajma Rasila	Parmal Aloo	Mix Dal	Yellow Dal Fry
Rice	Steam Rice	Steam Rice	Jeera Rice	Jeera Rice
Vegetable	Kurkuri Bhindi	Paneer Makhani	Khatta Mitha Petha	Matar Paneer
Chapati	Butter Chapatti	Chapati	Ghee Chapati	Ghee Chapati
Salad bar	Green Salad	Kachumber Salad	Green Salad	Kachumber Salad
Dessert/Curd	Cucumber Raita	Boondi Raita	Besan Burfi	Boondi Raita
Date	Friday, July 17, 2026	Saturday, July 18, 2026	Sunday, July 19, 2026	Monday, July 20, 2026
Day	Friday	Saturday 3	Sunday	Monday
BREAKFAST				
Cereal	Tikona Paratha	Samosa		Vegetable Grill sanwich
Cereal-2	Kala Channa	Peanut Poha		Semiya Upma
Hot savoury	Veg Dalia	Green Chutney/ Tomato Chutney		Green Chutney
Dip/Chutney/Pulse	Green Chutney/ Tomato Sauce	Cut Fruit		Cut Papaya
Fruit/Bakery	Banana	Tea/Pickle/Ketchup		Aam Panna / Milk
Milk/Curd	Flavoured Milk/Plain Milk			Tea/Pickle/Ketchup
	Tea/Pickle/Ketchup			
SNACKS				
Dispersal Snack	Banana			Banana
LUNCH				
Dal	Pindi Chole	Lobia Masala		Kondroo Aloo Bhujia
Rice	Steam Rice	Steam Rice		Steam Rice
Vegetable	Jeera Aloo	Gobhi Aloo Adriki		Matar Paneer
Chapati	Bedmi Poori	Butter Chapati		Ghee Chapati
Salad bar	Stick Salad	Kachumber Salad		Green Salad
Dessert/Curd	Gulab Jamun	Suji Halwa		Boondi raita
Date	Tuesday, July 21, 2026	Wednesday, July 22, 2026	Thursday, July 23, 2026	Friday, July 24, 2026
Day	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cereal	Vegetable Dal Paratha	Ajwain Poori	Idli	Pav
Cereal-2	Indore Poha	Aloo Bhaji	Sambhar	Bhaji
Hot savoury	Tomato Sauce	Sprout Chaat	Suji Halwa	Vermicelli Upma
Dip/Chutney/Pulse	Apple	Green Chutney	Tomato Chutney	Green Chutney
Fruit/Bakery	Horlicks Milk	Cut Fruit	Banana	Cut Fruit
Milk/Curd	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Tea/Pickle/Ketchup	Flavoured Milk/ Plain Milk
				Tea/Pickle/Ketchup
SNACKS				
Dispersal Snack	Multigrain Cookies	Banana	Chocolate Oats Doughnut	Banana
LUNCH				
Dal	Black Chana Curry	Dhaba Dal	Beans Aloo	Veg Biryani
Rice	Veg Pulao	Steam Rice	Steam Rice	Mix Veg Raita
Vegetable	Khatta Meetha Petha	Mix Veg	Kadhai Paneer	Veg Manchurian
Chapati	Missi Roti	Ghee Chapati	Butter Chapati	Veg Noodle
Salad bar	Green Salad	Stick Salad	Kachumber Salad	Laccha Onion
Dessert/Curd	Semiya Kheer	Jeera Raita	Lauki Raita	Fruit Custard Pudding

Date	Saturday, July 25, 2026	Sunday, July 26, 2026	Monday, July 27, 2026	Tuesday, July 28, 2026
Day	Saturday 4	Sunday 4	Monday	Tuesday
BREAKFAST				
Cereal			Tikona Paratha	Veg Uthappam
Hot savoury			Kala Channa	Sambhar
Dip/Chutney/Pulse			Sweet Dalia	Rawa Upma
Fruit/Bakery			Banana	Tomato Chutney
Milk/Curd			Bournvita Milk	Cut Papaya
			Tea/Ketchup	Plain Milk
				Tea/Ketchup
SNACKS				
Dispersal Snack			Chocolate Muffin	Banana
LUNCH				
Dal			Kadhi Pakoda	Dal Panchratan
Rice			Steam Rice	Jeera Rice
Vegetable			Kurkuri Bhindi	Kundroo Masala
Chapati			Ghee Chapati	Ghee Chapati
Salad bar			Laccha Onion	Green Salad
Dessert/Curd			Gulab Jamun	Cucumber Raita
Date	Wednesday, July 29, 2026	Thursday, July 30, 2026	Friday, July 31, 2026	
Day	Wednesday	Thursday	Friday	
BREAKFAST				
Cereal	Grill Paneer Veg Sandwich	Aloo Payaz Paratha	Kulcha(Atta)	
Cereal-2	Vermicelli Upma	Oats Khichdi	Matar bhaji	
Hot savoury	Tomato Sauce /Green Chutney	Green Chutney	Moong Dal Khicdi	
Dip/Chutney/Pulse	Cut Fruit	Green Chutney	Green Chutney/Red Chutney	
Fruit/Bakery	Cornflakes with Milk	Banana	Apple	
Milk/Curd	Tea/Ketchup	Plain Milk	Sweet Lassi	
		Tea/Ketchup	Tea/Pickle/Ketchup	
SNACKS				
Dispersal Snack	Dry Fruit Muffin	Banana	Banana	
LUNCH				
Dal	Rajma Masala	Capsicum Aloo	Dal Makhni	
Rice	Steam Rice	Steam Rice	Jeera Rice	
Vegetable	Tawa Veg	Paneer Bhuna Masala	Gobhi Aloo	
Chapati	Ghee Chapati	Ghee Chapati	Ghee Chapati	
Salad bar	Stick Salad	Kachumber Salad	Green Salad	
Dessert/Curd	Boondi Raita	Mix Veg Raita	Besan Burfi	