

OCTOBER MEAL MENU – 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dates				1	Gandhi Jayanti	3	4
Breakfast				Vegetable Idli Fry & Coconut Chutney			
Lunch				Dal Makhani, Tawa Puff, Jeera Rice & Cucumber Salad			
Dispersal Snacks				Roasted Black Chickpeas			
Dates	5	6	7	8	9	10	11
Breakfast	Vegetable Uttapam & Coconut Chutney	Paneer Stuffed Sandwich & Flavoured Milk	Vegetable Moong Dal Chilla & Flavoured Milk	Aloo paratha, Curd & Pickle	Cottage Cheese Kulcha & Papaya		
Lunch	Rajma, Rice, Beetroot-Carrot Salad & Curd	Chole, Jeera Rice & Sevai Kheer	Tawa Puff, Mix Veg, Rice & Black Dal	Idli, Sambar, Tomato Rice & Coconut Chutney	Kadhi Rice, Papad & Salad		
Dispersal Snacks	Roasted Makhana	American Sweet Corn	Fruit Chaat Bowl	O' Rice	Seasonal Fruit		
Dates	12	13	14	15	16	17	18
Breakfast	Boiled Sprouts Chaat & Poha	Matar Kulcha & Fruit Chaat	Paneer Vegetables Wrap & Juice	Veg Vermicelli & Flavoured Milk	Poha, Banana & Plain Milk		
Lunch	Pav Bhaji with Extra Vegetables & Cucumber	Rajma, Rice, Tawa Puff & Salad	Veg Fried Rice, Veg Manchurian & Fruit custard	Dal Makhani, Rice, Tawa Puff & Kheer	Paneer Lababdar, Dal Panchmel, Tawa Puff, Rice & Mix Salad		
Dispersal Snacks	Lemon Infused Corn	Fruit Yogurt	Seasonal Fruit	Roasted Black Chickpeas	American Sweet Corn		
Dates	19	Dussehra	21	22	23	24	25
Breakfast	Cheese Corn Sandwich & Flavoured Milk		Vegetable Semolina Macaroni & Lemonade	Methi Paratha, Curd & Pickle	Boiled Sprouts Chaat & Poha		
Lunch	Idli, Sambar, Tomato Rice & Coconut Chutney		Mix Dal, Aloo Jeera, Tawa Puff, Rice & Salad	Tawa Puff, Whole Moong Dal, Paneer Bhurji, Rice & Salad	Rajma, Rice, Tawa Puff & Salad		
Dispersal Snacks	Fruit Yogurt		Roasted Black Chickpeas	Seasonal Fruit Bowl	Lemon Infused Corn		
Dates	26	27	28	29	30	31	
Breakfast	Vegetable Uttapam & Coconut Chutney	Club Sandwich Flavoured Milk	Mix Veg Paratha, Butter & pickle	Stuffed Gram Flour Pancake & Fruit Chaat	Poha, Banana & Plain Milk		
Lunch	Black Chana Potato Curry, Rice, Tawa Puff & Kheer	Paneer Peas Curry, Dal, Tawa Puff, Jeera Rice & Mix Salad	Kadhi Rice, Papad & Salad	Spaghetti, Gralic Bread & Ffruti Jelly	Lauki Chana Dal, Aloo Gobhi, Rice & Tawa Puff		
Dispersal Snacks	American Sweet Corn	Fruit Chaat Bowl	Roasted Black Chickpeas	Seasonal Fruit	Roasted Makhana		