

SEPTEMBER MEAL MENU – 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dates		1	2	3	4	5	6
Breakfast		Poha,Banana&Plain Milk	Vegetable Idli fry&Coconut Chutney	Stuffed Gram Flour Pancake& Seasonal fruit	Janmashtami		
Lunch		Dal Tadka,Shahi Paneer Rice&Tawa Puff,	Rajma,Rice,Beetroot,Carrot Salad &Curd	Tawa Puff, Aloo Jeera, Dal Makhni, Rice&Green Salad			
Dispersal Snacks		American Sweet Corn	Fruit chat Bowl	Roasted Black Chickpeas			
Dates	7	8	9	10	11	12	13
Breakfast	Vegetable Vermicelli & Fruit	Vegetable Uttapam & Coconut Chutney	Veg Paratha , Curd & Pickle	Paneer Stuffed Sandwich& Flavoured Milk	Potato Peas Stuffed Paratha,Curd &Pickle		
Lunch	Paneer Lababdar, Dal Panchmel, Tawa Puff,Rice&Mix Salad	Lauki Kofta,Black Dal,Tawa Puff Rice&Salad	White Sauce Pasta, Garlic Bread &Fruit Custard	Dal Makhani Tawa Puff,Jeera Rice &Cucumber Salad	Chole, Jeera Rice&Sevai kheer		
Dispersal Snacks	O' Rice	Fruit Yogurt	Seasonal Fruit	Roasted Makhana	Roasted Black Chickpeas		
Dates	14	15	16	17	18	19	20
Breakfast	Veg Semolina Macaroni&Lemonade	Cottage Chesse Kulcha & Papaya	Vegetable Moong Dal Chilla,Flavoured milk	Methi Paratha,Curd&Pickle	Bread Pakora&Seasonal Fruit		
Lunch	Tawa Puff, Mix Veg,Rice&Black Dal	Idli,Sambar,Tomato Rice&Coconut Chutney	Kadhi Rice,Papad&Salad	Mix Dal, Aloo Jeera, Tawa Puff,Rice&Salad	Tawa Puff,Whole Moong Dal,Paneer Bhurji,Rice&Salad		
Dispersal Snacks	Bhel Puri	O'Rice	Lemon Infused Corn	Fruit Yogurt	Seasonal Fruit		
Dates	21	22	23	24	25	26	27
Breakfast	Vegetable Vermicelli & Flavoured Milk	Boiled SproutsChaat&Poha	Matar Kulcha&Fruit Chaat	Vegetable Semolina Macaroni& Lemonade	Paneer Vegetables Wrap&Juice		
Lunch	Rajma ,Rice,Tawa Puff &Salad	Pav Bhaji With Extra Vegetables & Cucumber Onion Salad	Vegetable Fried Rice ,Chilli Paneer& Fruit Jelly	Vegetable Pulao,Mix veg Raita&Papad	Black Chana Potato curry, Rice, Tawa Puff&Kheer		
Dispersal Snacks	Diet Chivda	Muffin	Banana	Oat Cookies	Seasonal Fruit Bowl		
Dates	28	29	30				
Breakfast	Aloo Paratha&Curd	Stuffed Gram Flour Pancake&Fruit Chaat	Pizza Sandwich&Orange Juice				
Lunch	Paneer Peas Curry,Dal Tawa Puff, Jeera Rice&Mix Salad	Vegetables Pasta with Tomato Carrot Pumpkin Sauce&Fruit Custard	Lauki Chana Dal ,Aloo Gobhi , Rice&Tawa Puff				
Dispersal Snacks	Roasted Makhana	Seasonal Fruit	Roasted Black Chickpeas				