

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH AUGUST MONTH (01.08.2026 TO 31.08.2026)

Date	Breakfast	Lunch	Snacks
01.08.2026	poori & chole curry	Green Salad, Roti, Plain Rice, Veg Biryani rice, paneer butter masala curry, Sambar, chutney, Curd, papad, Semiya kheer	punugulu & juice
03.08.2026	Mysore bonda & Chutney	Cucumber Salad, Roti, Plain Rice, Bagara rice, Brinjal masala curry Tomato dal, Rasam, Curd, Fryums, Cut fruit	Boiled Sweetcorn & Flavoured milk
04.08.2026	Tomato bath & Tomato Chutney	Beetroot Salad, Roti, Plain Rice, Carrot rice, Beans tomato curry, Sambar, Chutney, Curd, papad, Boondi laddu	Aloo chat & juice
05.08.2026	Vada & Sambar Chutney	Cucumber Salad, Roti, Plain rice, peas rice, ivy gourd dum, Spinach dal, Rasam, Curd, Fryums, Cut fruit	Cornflakes & flavoured milk
06.08.2026	paneer dosa & chutney	Sprouts Salad, Roti, Plain Rice, Corn rice, Ridged gourd soya kheema curry, Sambar, Chutney, Curd, papad, Fruit custard	Pop corn & juice
07.08.2026	idli & Sambar chutney	Beetroot Salad, Roti, Plain Rice, Curd rice, Aloo cocount fry, Moong dal, Rasam, Curd, Fryums, Cut fruit	Bread jam & butter & flavoured milk
08.08.2026	Onion uttappam & chutney	Green salad, Roti, plain rice, Tomato rice, Mealmaker tomato curry, Sambar, Chutney, Curd, papad, Fruit custard	Onion pakodi & juice
11.08.2026	Aloo paratha & mix veg curry	Cucumber Salad, Roti, Plain Rice, mix veg rice, beans carrot poriyaldum, Malabar dal, Rasam Curd, Fryums, Cut fruit	poha mixture & flavoured milk
12.08.2026	Mysore bonda & Chutney	Potato white gram, Salad, Roti, Plain Rice, lemon rice, Black chana curry, Sambar, chutney, Curd, papad, Gulab jamun	Spring roll & juice
13.08.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain Rice, Corn rice, Sorakaya tomato curry, drumstick dal, Rasam, Curd, Fryums, Cut fruit	Bhel puri & Flavoured milk
14.08.2026	Semiya bath & tomato chutney	Carrot Salad, Roti, Plain Rice, jeera rice, Rajma Masala Curry, Sambar, chutney, Curd, Papad, Bread halwa	Cornflakes & juice
17.08.2026	Methi paratha & mix veg curry	Green Salad, Roti, Plain Rice, Veg rice, tomato ka salan curry, yellow Cucumber dal, Rasam, Curd, Fryums, Cut fruit	Manchuria dry & Flavoured milk
18.08.2026	Vada & Sambar Chutney	Shredded Salad, Roti, Plain Rice, plain Bissi bella bath, ivy gourd peanut fry, Sambar, chutney, Curd, papad, pineapple rava kesari	Aloo chat & juice
19.08.2026	Tomato bath & Tomato Chutney	Carrot Salad, Roti, Plain Rice, Cocount rice, Chole Masala Curry, Tomato dal, Rasam, Curd, Fryums, Cut fruit	Veg Bullets & flavoured milk
20.08.2026	poori & aloo besan	Sprouts Salad, Roti, Plain Rice, Mint rice, Dahi aloo curry, Sambar, chutney, Curd, papad, Choclate burfi	Pop corn & juice
21.08.2026	Idly & Sambar Chutney	Green Salad, Roti, Plain Rice, Tamarind Rice, okra tomato curry, Bottle gourd dal, Rasam, Curd, Fryums, Cut fruit	Boiled Sweetcorn & Flavoured milk
22.08.2026	Onion uttappam & chutney	Potato White Gram, Roti, Plain Rice, Tomato rice, Brinjal tomato Curry, Sambar, Chutney, Curd, papad, Sesame laddu	palak pakodi & juice
24.08.2026	Mysore bonda & Chutney	Cucumber Salad, Roti, Plain rice, paneer rice, Mirchi ka salan moong dal, Rasam, Curd, Fryums, Cut fruit	Roasted kabuli chana & Flavoured milk
25.08.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain Rice, Mix veg rice, Gobi aloo tomato curry, Sambar, chutney, Curd, papad, Ice-cream	Bread jam & butter juice
27.08.2026	Idly & Sambar Chutney	Salad, Roti, Plain Rice, Veg rice, Raw banana masala curry, drumstick dal, Rasam, Curd, Fryums, Cut fruit	chitti vada & flavoured milk
29.08.2026	Semiya bath & tomato chutney	Cucumber Salad, Roti, Plain Rice, Roselle leaves rice, Aloo peas tomato curry, Sambar, Chutney, Curd, papad, Sweet pongal	pop corn & juice
31.08.2026	Aloo paratha & mix veg curry	potato white gram Salad, Plain rice, Roti, Veg rice, Ridged chana tomato curry, Spinach dal, Rasam, Curd, papad, Cut fruit	Manchuria dry & flavoured milk

Joshma
Canteen Supervisor

Principal
Principal