

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH FEBRUARY (02.02.2026 TO 28.02.2026)

DATE	BREAKFAST	LUNCH	SNACKS
02.02.26	poori & chole curry	Green Salad, Roti, plain rice, Tamarind rice, okra tomato curry Sambar, chutney, papad, Curd, Semiya kheer	popcorn & juice
03.02.26	Idly & Sambar Chutney	Chopped Salad, Roti, Plain Rice, Mix veg rice, Beans tomato curry, tomato dal, Rasam, Raita, Fryums, Cut fruit	Onion pakodi & flavoured milk
04.02.26	Mysore bonda & Chutney	Green Salad, Roti, Plain Rice, Curry leaf rice, Dahi aloo curry, Sambar, Chutney, Curd, papad, Bread Halwa	Corn flakes & juice
05.02.26	Masala dosa & chutney	Indian Russian Salad, Roti, Plain Rice, Corn rice, Capsicum tomato curry, yellow Cucumber dal, Rasam, Curd, Fryums, Cut fruit	punugulu & flavoured milk
06.02.26	Semiya bath & tomato chutney	Cucumber Salad, Roti, Plain rice, Mint rice, Beans board tomato curry, Sambar, chutney, Curd, papad, Chocolate burfi	Aloo chat & juice
07.02.26	Onion uttappam & chutney	potato white gram Salad, Roti, Plain rice, Bissi bella bath, Aloo Cocount fry, moong dal, Rasam, Curd, Fryums, Cut fruit	Bread jam & butter & flavoured milk
09.02.26	Aloo paratha & mix veg curry	protein Salad, Roti, Plain Rice, Cocount rice, Bottle Gourd tomato curry, Sambar, chutney, Curd, papad, Sweet pongal	Chitti vada & juice
10.02.26	Idly & Sambar Chutney	Green salad, Roti, Plain Rice, Veg Biryani, paneer butter masala, Spinach dal, Rasam, Raita, fryums, Cut fruit	Boiled sweet corn & milkshake
11.02.26	Tomato bath & Tomato Chutney	Cucumber Salad, Roti, Plain Rice, Tomato rice, ivy gourd dum, Sambar, chutney, Curd, papad, Sesame laddu	Bhel puri & juice
12.02.26	paneer dosa & chutney	Shredded Salad, Roti, Plain Rice, lemon rice, Ridged gourd chana tomato curry, Drumstick dal, Rasam, Curd, Fryums, cut fruit	Masala vada & flavoured milk
13.02.26	Vada & Sambar Chutney	potato white Gram, Roti, plain rice, Bagara rice, Brinjal masala curry, Sambar, chutney, Raita, papad, Shahi toast	Kabuli chana roasted & juice
16.02.26	Poori & aloo besan	Green salad, Roti, plain rice, jeera rice, Rajma curry, tomato dal, Rasam, Curd, Fryums, cut fruit	pop corn & flavoured milk
17.02.26	Onion dosa & chutney	Indian Russian Salad, Roti, Plain Rice, Beetroot rice, Meal maker tomato curry, Sambar, Chutney, Curd, papad, Gulab jamun	Spring roll & Juice
18.02.26	Chapathi & Aloo kurma	Green Salad, Roti, Plain Rice, Roselle plant rice, Aloo & Green peas tomato curry, Asparagus dal, Rasam, Curd, Fryums, Cut fruit	Biscuit & flavoured milk
19.02.26	Idly & Sambar Chutney	Protein salad, Roti, plain rice, Curd rice, beans & Carrot poriyal Sambar, Chutney, Curd, papad, Boondi laddu	Aloo chat & juice
20.02.26	Mysore bonda & Chutney	Potato White Gram Salad, Roti, plain Rice, Peas rice, Chole masala curry, Moong dal, Rasam, Cucumber raita, fryums, cut fruit	poha mixture & flavoured milk
21.02.26	Semiya bath & tomato chutney	Green salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Sambar, Chutney, Curd, papad, fruit custard	Bhel puri & juice
23.02.26	methi paratha & mix veg curry	Green Salad, Roti, Plain Rice, paneer rice, tomato ka salan, tomato dal, Rasam, Curd, Fryums, Cut fruit	Bread jam & butter flavoured milk
24.02.26	Masala dosa & chutney	Sprouts Salad, Roti, Plain Rice, corn rice, Brinjal & aloo tomato curry, Sambar, Chutney, Curd, papad, Gajar ka halwa	Manchuria dry & juice
25.02.26	Vada & Sambar Chutney	Beetroot Salad, Roti, Plain Rice, Veg rice, Raw banana masala curry, yellow Cucumber dal, Rasam, Curd, fryums, cut fruit	Boiled Sweet corn & flavoured milk
26.02.26	Tomato bath & Tomato Chutney	Green salad, Roti, plain rice, Carrot rice, Gobi & aloo Tomato Curry, Sambar, Chutney, Curd, papad, ice-cream	Veg bullets & juice
27.02.26	Idly & Sambar Chutney	Protein salad, Roti, Plain Rice, Tomato rice, Sorakaya tomato curry, Spinach dal, Rasam, Curd, fryums, Cut fruit	kabuli chana roasted & milkshake
28.02.26	paneer dosa & chutney	Salad, Roti, plain rice, Cocount rice, Corn palak curry, Sambar, Chutney, Curd, papad, pine apple rava kesari	Corn flakes & juice

Ashtu
Canteen Supervisor

21/1/2026
Principal