

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD			
MENU FOR THE MONTH JANUARY (02.01.2026 TO 31.01.2026)			
DATE	BREAKFAST	LUNCH	SNACKS
02.01.2026	Idly & Sambar Chutney	Cucumber Salad, Roti, plain rice, Veg Biryani, Methi malai curry curry, Sambhar, chutney, Curd, papad, Semiya kheer	Onion pakodi & Flavoured milk
03.01.2026	Poha upma & tomato chutney	Sprouts Salad, Roti, plain rice, Corn rice, Beans tomato curry, tomato dal, Rasam, Curd, Fryums, Cut fruit	Biscuit & juice
05.01.2026	poori & chole curry	Beetroot Salad, Roti, Plain rice, Roselle plant rice, Ridge gourd chana curry, Sambhar, Chutney, Curd, papad, Sweet pongal	Corn flakes & Flavoured milk
06.01.2026	Vada & Sambar Chutney	Potato White Gram salad, Roti, Plain rice, Tomato rice, Okra tomato curry, Spinach dal, Rasam, Curd, Fryums, cut fruit	Aloo chat & Juice
07.01.2026	Onion uttappam Chutney	Carrot Salad, Roti, Plain rice, Bissi Bella bath, ivy gourd peanut fry, Sambhar, Chutney, Curd, papad, Boondi laddu	Veg bullets & Milkshake
08.01.2026	Mysore bonda & chutney	Green Salad, Roti, plain rice, Mix Veg rice, Mealmaker tomato curry, Bottle gourd dal, Rasam, Curd, Fryums, curd, Cut fruit	pop corn & juice
09.01.2026	Set dosa & chutney	Russian Salad, Roti, plain rice, Bagara rice, Brinjal masala curry Sambhar, Chutney, papad, Curd, Chocolate Burfi	Chitti vada & flavoured milk
16.01.2026	Semiya bath & tomato chutney	protein Salad, Roti, plain rice, Tamarind rice, Sorakay tomato curry, Drumstick dal, Rasam, Fryums, Curd, Cut fruit	Poha mixture & juice
17.01.2026	Pesarattu Upam & allam Chutney	Potato White gram Salad, Roti, plain rice, Jeera rice, Rajma Curry, Sambhar, chutney, papad, Curd, Sesame laddu	Bread jam & butter Flavoured milk
19.01.2026	Idly & Sambar Chutney	Carrot salad, Roti, plain rice, paneer rice, Mirchi ka salan curry, yellow Cucumber dal, Rasam, Fryums, Curd, cut fruit	Punugulu & juice
20.01.2026	Masala dosa & chutney	Cucumber Salad, Roti, plain rice, Minit rice, Beans Broad tomato curry, Sambhar, Chutney, papad, Curd, Bread halwa	Corn flakes & Flavoured milk
21.01.2026	Methi paratha & mix veg curry	Indian Russian Salad, Roti, plain rice, Corn rice, Carrot beans poriyal, Dal Tadka, Rasam, Fryums, Curd, cut fruit	Manuchuria dry & juice
22.01.2026	Vada & Sambar Chutney	Sprouts salad, Roti, plain rice, Curd rice, Aloo jeera dum, Sambhar, chutney, papad, Curd, Gulab Jamun	Bhel puri & Milkshake
23.01.2026	paneer dosa & chutney	Carrot Salad, Roti, plain rice, Mix veg rice, corn palak curry, Asparagus dal, Rasam, fryums, Curd, Cut fruit	Aloo bhaji & juice
24.01.2026	poori & Aloo besan	Cucumber Salad, Roti, plain rice, Tomato Rice, Gobi & aloo Sambhar, Chutney, papad, Curd, Shahi toast	pop corn & flavoured milk
27.01.2026	Semiya bath & tomato chutney	Green Salad, Fried Rice, Plain Rice, Noodles, Veg tomato Soup, Manchurian, Tomato dal, Rasam, curd, fryums, cut fruit	Boiled peanut & juice
28.01.2026	Idly & Sambar Chutney	Protein Salad, Roti, plain rice, lemon rice, Yellow Cucumber tomato curry, Sambhar, chutney, papad, curd, Gajar ka halwa	Spring roll & milkshake
29.01.2026	Mysore bonda & Chutney	Cucumber Salad, Roti, plain rice, Carrot rice, Beerkaya soya chunks keema curry, Spinach dal, Rasam, Fryums, Curd, Cut fruit	Bread Jam & butter & juice
30.01.2026	Masala dosa & chutney	potato White gram Salad, Roti, Plain rice, Cocount rice, Aloo & green peas tomato curry sambhar, chutney, papad, curd, fruit custard	Corn vada & flavoured milk
31-01-2026	Chapathi & Aloo kurma	Indian russian Salad, Roti, plain rice, Veg rice, Raw banana masala curry, Onion dal, Rasam, Curd, Fryums, cut fruit	Kabuli Channa Roasted & juice
Joshma Canteen supervisor		 31/12/2025 principal	