

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH JULY (01.07.2026 TO 31.07.2026)

DATE	BREAKFAST	LUNCH	SNACKS
01.07.2026	poori & chole curry	Green Salad, Roti, plain rice, Tamarind rice, Drumstick tomato curry Sambar, Chutney, papad, Curd, Semiya kheer	popcorn & juice
02.07.2026	Idly & Sambar Chutney	protein Salad, Roti, Plain Rice, Mix veg rice, Ridged gourd chana tomato curry, tomato dal, Rasam, Curd, Fryums, Cut fruit	Onion pakodi & flavoured milk
03.07.2026	Mysore bonda & Chutney	Green Salad, Roti, Plain Rice, Cocount rice, ivy gourd dum, Sambar, Chutney, Curd, papad, Bread Halwa	Corn Flakes & juice
04.07.2026	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
06.07.2026	Vada & Sambar Chutney	Cucumber Salad, Roti, Plain rice, Carrot rice, Beans tomato curry, Sambar, Chutney, Curd, papad, Sweet pongal	Aloo chat & juice
07.07.2026	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
08.07.2026	Aloo paratha & mix veg curry	protein Salad, Roti, Plain Rice, Mint rice, Bottle Gourd tomato curry, Sambar, Chutney, Curd, papad, ice-cream	Chitti vada & juice
09.07.2026	Tomato bath & tomato chutney	Green salad, Roti, Plain Rice, Veg Biryani, paneer butter masala, Spinach dal, Rasam, Ratia, fryums, Cut fruit	Boiled Sweet corn & milkshake
10.07.2026	Idly & Sambar Chutney	Cucumber Salad, Roti, Plain Rice, Tomato rice, Dahi aloo curry Sambar, Chutney, Curd, papad, Sesame laddu	Bhel puri & juice
13.07.2026	Chapathi & Aloo kurma	Shreeded Salad, Roti, Plain Rice, lemon rice, Ridged gourd Soya kheema curry, Drumstick dal, Rasam, Curd, Fryums, Cut fruit	Masala vada & Flavoured milk
14.07.2026	paneer dosa & chutney	potato white Gram, Roti, plain rice, Bagara rice, Brinjal masala curry, Sambar, Chutney, Curd, papad, Fruit custard	poha mixture & juice
15.07.2026	Poori & aloo besan	Green salad, Roti, plain rice, Curd rice, Beans & Carrot poriyal tomato dal, Rasam, Curd, Fryums, Cut fruit	pop corn & Flavoured milk
16.07.2026	Set dosa & chutney	Sprouts Salad, Roti, Plain Rice, Veg rice, Meal maker tomato curry, Sambar, Chutney, Curd, papad, Semiya kheer	Spring roll & Juice
17.07.2026	Vada & Sambar Chutney	Green Salad, Roti, Plain Rice, Roselle plant rice, Aloo & Green peas tomato curry, Asparagus dal, Rasam, Curd, Fryums, Cut fruit	Cornflakes & flavoured milk
18.07.2026	Idly & Sambar Chutney	Russain salad, Roti, plain rice, jeera rice Rajma masala curry , Sambar, Chutney, Curd, papad, Boondi laddu	Aloo chat & juice
20.07.2026	Mysore bonda & Chutney	Potato White Gram Salad, Roti, plain Rice, Mix veg rice, Beetroot dum, Moong dal, Rasam, Curd, Fryums, Cut fruit	Bread jam & butter Flavoured milk
21.07.2026	Methi paratha & mix veg curry	Green salad, Roti, plain rice, Carrot rice, Gobi & aloo tomato curry, Sambar, Chutney, curd, papad, Sweet pongal	Bhel puri & juice
22.07.2026	Semiya bath & tomato chutney	Green salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Tomato dal, Rasam, Curd, papad, Cut fruit	kabuli chana roasted Flavoured milk
23.07.2026	Masala dosa & chutney	Sprouts Salad, Roti, Plain Rice, Corn rice, Brinjal & aloo tomato curry, Sambar, Chutney, Curd, Fryums, Gulab jamun	Manchuria Dry & juice
24.07.2026	Onion uttappam & chutney	Beetroot Salad, Roti, Plain Rice, Veg rice, Raw banana masala curry, yellow Cucumber dal, Rasam, Curd, papad, Cut fruit	Boiled Sweet corn & flavoured milk
25.07.2026	Tomato bath & Tomato Chutney	Green salad, Roti, plain rice, Paneer rice, tomato ka salan Curry, Sambar, Chutney, Curd, Fryums, Choclate burfi	Veg bullets & juice
27.07.2026	Aloo paratha & mix veg curry	Russian salad, Roti, Plain Rice, Tomato rice, Sorakaya tomato curry, Tomato dal, Rasam, Curd, Papad, Cut fruit	pop corn & milkshake
28.07.2026	paneer dosa & chutney	Salad, Roti, plain rice, Cocount rice, Corn palak curry, Sambar, Chutney, Curd, Fryums, pine apple rava kesari	Corn flakes & juice
29.07.2026	Semiya bath & tomato chutney	Cucumber Salad, Roti, Plain Rice, Veg rice, Veg koftha curry, Spinach dal, Rasam, Curd, Papad, Cut fruit	Onion pakodi & Flavoured milk
30.07.2026	Masaladosa & chutney	Protein Salad, Roti, Plain Rice, Corn rice, Okra Tomato Sambar, chutney, Curd, Fryums, Bread halwa	poha mixture & juice
31.07.2026	Idly & Sambar Chutney	Cucumber Salad, Roti, Plain rice, Mix veg rice, Aloo jeera dum, Moong dal, Rasam, Curd, papad Cut fruit	kabuli chana roasted Flavoured milk

Joshma
Canteen Supervisor


Principal 25/7/2026