

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD			
MENU FOR THE MONTH JUNE (08.06.2026 TO 30.06.2026)			
DATE	BREAKFAST	LUNCH	SNACKS
08.06.2026	poori& chole curry	Green Salad, Roti, plain rice, Tamarind rice, Okra tomato curry Sambar, Chutney, papad, Curd, Semiya kheer	popcorn & juice
09.06.2026	Idly & Sambar Chutney	Chopped Salad, Roti, Plain Rice, Mix Veg rice, Beans tomato curry, Tomato dal, Rasam, Curd, Fryums, Cut fruit	Onion pakodi & Flavoured milk
10.06.2026	Mysore bonda & Chutney	Green Salad, Roti, Plain Rice, Bissi bella bath, Aloo cocount fry Sambar, Chutney, Curd, papad, Bread Halwa	Corn flakes & juice
11.06.2026	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
12.06.2026	Semiya bath & tomato chutney	Cucumber Salad, Roti, Plain rice, Veg rice, Raw Banana masala curry, Sambar, Chutney, Curd, papad, Chocolate burfi	Aloo chat & juice
15.06.2026	Vada & Sambar Chutney	Potato white Gram Salad, Roti, Plain rice, Tomato rice, Dahi aloo curry, Moong dal, Rasam, Curd, Fryums, Cut fruit	Boiled peanut Flavoured milk
16.06.2026	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
17.06.2026	Idly & Sambar Chutney	Green salad, Roti, Plain Rice, Veg Biryani, paneer butter masala, Spinach dal, Rasam, Ratia, Fryums, Cut fruit	Boiled Sweet Corn & Milkshake
18.06.2026	Tomato bath & Tomato Chutney	Cucumber Salad, Roti, Plain Rice, Carrot rice, ivy gourd dum, Sambar, Chutney, Curd, papad, Sesame laddu	Bhel puri & juice
19.06.2026	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
20.06.2026	Chapathi & Aloo kurma	Potato white Gram, Roti, plain rice, Bagara rice, Brinjal Masala curry, Sambar, Chutney, Curd, papad, Shahi Toast	Kabuil chana Roasted & Juice
22.06.2026	Poori & aloo besan	Green Salad, Roti, plain rice, Jeera rice, Rajma Curry, tomato dal, Rasam, Curd, Fryums, Cut fruit	pop corn & Milkshake
23.06.2026	Onion dosa & Chutney	Indian Russian Salad, Roti, Plain Rice, Mix veg rice, Drumstick tomato Curry, Sambar, Chutney, Curd, papad, Gulab jamun	Spring roll & Juice
24.06.2026	Vada & Sambar Chutney	Green Salad, Roti, Plain Rice, Carrot rice, Aloo & Green peas tomato Curry, Asparagus dal, Rasam, Curd, Fryums, Cut fruit	Bread jam & butter Flavoured Milk
25.06.2026	Idly & Sambar Chutney	Protein Salad, Roti, plain rice, Curd rice, Beetroot dum, Sambar, Chutney, Curd, papad, Boondi laddu	Aloo chat & juice
27.06.2026	Mysore bonda & Chutney	Potato White Gram Salad, Roti, plain Rice, Peas rice, Beerakaya soya Chunks Curry, moong dal, Rasam, Curd, Fryums, Cut fruit	Veg bullets & Milkshake
29.06.2026	Semiya bath & tomato chutney	Green Salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Sambar, Chutney, Curd, papad, Fruit custard	Bhel puri & juice
30.06.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain Rice, paneer rice, Tomato ka salan, tomato dal, Rasam, Curd, Fryums, Cut fruit	Poha mixture & Flavoured milk
Joshna Canteen Supervisor		 Principal	