

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH NOVEMBER MONTH (01.11.2025 TO 30.11.2025)

Date	Breakfast	Lunch	Snacks
01.11.2025	Chapati & aloo kurma	Cucumber Salad, Roti, plain rice, Tamarind rice, Okra tomato curry, Sambar, Chutney, Curd, fryums, Semiya kheera	Tawa idly & Juice
03.11.2025	Mysore bonda & chutney	Chopped Salad, Roti, Plain Rice, Curry leaf rice, Beerakaya chana tomato curry, Tomato dal, Rasam, Curd, papad, Cut fruit	Onion pakoda & flavoured milk
04.11.2025	Idly & Sambar Chutney	Green Salad, Roti, Plain Rice, Mix Veg rice, Ivy gourd dum Sambar, Chutney, Curd, fryums, Sesame laddu	Bhel puri & Juice
06.11.2025	Tomato Bath & tomato chutney	Indian Russian Salad, Roti, Plain Rice, Corn rice, Meal maker tomato curry, Moong dal, Rasam, Curd, papad, Cut fruit	Pav bhaji & flavoured milk
07.11.2025	paneer dosa & chutney	Green Salad, Roti, Plain Rice, Tomato rice, Bottle gourd tomato curry, Sambar, Chutney, Curd, fryums, fruit custard	Pungulu & juice
08.11.2025	Vada & Sambar Chutney	Sprouts Salad, Roti, plain rice, Jeera rice, Rajma masala curry, Spinach dal, Rasam, curd, papad, cut fruit	Bread jam & butter flavoured milk
10.11.2025	Onion uttappam & chutney	Green Salad, Roti, Plain Rice, Bagara rice, Brinjal masala curry, Sambar, Chutney, Curd, fryums, Shahi toast	Aloo chat & juice
11.11.2025	Methi paratha & Veg Kurma	potato Salad, Ghee Roti, Plain Rice, Minit Rice, yellow Cucumber tomato curry, Onion dal, Rasam, Curd, Papad, cut fruit	Corn flakes & milkshake
12.11.2025	Semiya bath & tomato chutney	Cucumber Salad, Roti, Plain Rice, Bissi bella bath, okra peanut fry, Sambar, Chutney, Curd, Fryums, Gulab jamun	Boiled sweet corn & Juice
13.11.2025	Idly & Sambar Chutney	Shredded Salad, Roti, Plain Rice, Lemon rice, Beans & Aloo tomato curry, Bottle Gourd dal, Rasam, Curd, papad, cut fruit	Spring roll & flavoured milk
14.11.2025	poori & chole	potato white Gram salad, Ghee Roti, plain rice, Veg Biryani, paneer butter Masala, Sambar, Chutney, Raita, Fryums, Ice-cream	popcorn & juice
15.11.2025	Masala dosa & chutney	Cucumber Salad, Roti, Plain rice, Mix veg rice, Beetroot dum, Tomato dal, Rasam, Curd, Papad, Cut fruit	vada pav & flavoured milk
17.11.2025	Mysore bonda & chutney	Indian Russian Salad, Roti, Plain Rice, Carrot rice, Black chana Curry, Sambar, Chutney, Curd, Fryums, Semiya kheer	Corn flakes & juice
18.11.2025	Tomato Bath & tomato chutney	Green salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Onion dal, Rasam, Curd, Papad, Cut fruit	Biscuit & flavoured milk
19.11.2025	Set dosa & chutney	Potato White Gram Salad, Roti, plain Rice, Curd rice, Okra dum, Sambar, Chutney, Curd, fryums, Chocolate burfi	Bhel puri & juice
20.11.2025	Idly & Sambar Chutney	Cucumber, Salad, Roti, plain rice, Coconut rice, Carrot beans poriyal, Moong dal, Rasam, Curd, papad, Cut fruit	poha mixture & flavoured milk
21.11.2025	Semiya bath & tomato chutney	Green Salad, Roti, Plain Rice, Tamarind rice, Gobi & aloo tomato curry, Sambar, Chutney, Curd, fryums, Bread halwa	Masala vada & juice
22.11.2025	Onion uttappam & chutney	Cucumber Salad, Roti, Plain Rice, Bagara rice, Mirchi ka Salan curry, Asparagus dal, Rasam, Curd, papad, cut fruit	pop corn & Flavoured milk
24.11.2025	poori & aloo besan	Beetroot Salad, Roti, Plain Rice, paneer rice, Drumstick tomato curry, Sambar, Chutney, Curd, Fryums, pine apple rava Kesari	Sprouts chat & Juice
25.11.2025	Idly & Sambar Chutney	Salad, Roti, Plain Rice, Carrot rice, Beerakaya soya keema Drumstick dal, Rasam, Curd, papad, cut fruit	Bread jam & butter flavoured milk
26.11.2025	Masala dosa & chutney	Cucumber Salad, Roti, Plain Rice, Corn rice, Capsicum tomato curry, Sambar, Chutney, Curd, Fryums, fruit custard	Veg bullets & juice
27.11.2025	Vada & Sambar Chutney	Betroot Salad, Roti, Plain Rice, Tomato rice, Corn palak curry, Moong dal, Rasam, Curd, papad, cut fruit	Corn flakes & Flavoured milk
28.11.2025	Aloo paratha & mix veg curry	Salad, Roti, Plain Rice, Bagara rice, Chole Masala curry, Sambar, Chutney, Curd, Fryums, Boondi laddu	Boiled sweet corn & juice
29.11.2025	Set dosa & chutney	Sprouts Salad, Roti, Plain Rice, Cocount rice, Meal maker tomato curry, Tomato dal, Rasam, Curd, papad, cut fruit	Vada pav & Flavoured milk

Joshma
Canteen Supervisor

Principal
Principal