INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH NOVEMBER (01.11.2026 TO 30.11.2026)

DATE	BREAKFAST	LUNCH	SNACKS
02.11.2016	Mysore bonda & chutney	protein Salad,Roti,plain rice,Bagara rice,Brinjal masala curry,Sambar,Chutney,curd,papad,Fruit Custard	pop corn & Flavoured milk
03.11.2026	paneer dosa & chutney	Cucumber Salad,Roti,Plain rice,Cocount rice,Drumstick tomato Curry,Tomato dal,Rasam,Curd,Fryums,Cut Fruit	Palak pakodi & juice
04.11.2026	Methi paratha & Veg kurma	Sprouts Salad,Roti,plain rice,Tomato rice,Capsicum tomato curry,Sambar,Chutney,Curd,Papad,Bread halwa	Bread jam & butter & Flavoured milk
05.11.2026	Vada & Sambar Chutney	Green Salad,Roti,Plain Rice,Corn rice,Beans tomato curry,Spinach dal,Rasam,Curd,Fryums,Cut fruit	Boiled Sweetcorn & juice
06.11.2026	Tomato bath & tomato chutney	Cucumber Salad,Roti,Plain Rice,Tamarind rice,Okra tomato curry, Sambar,Chutney,Curd,papad,Semiya kheer	punugulu & Milkshake
09.11.2026	poori & aloo besan	Russian Salad,Roti,Plain Rice,Mint rice,Bottle gourd curry,Tomato dal,Rasam,Curd,Fryums,Cut fruit	Bhel puri & juice
10.11.2026	Idly & Sambar Chutney	Cucumber Salad,Roti,Plain rice,Mix Veg rice,Ridged gourd Chana Sambar,Chutney,Curd,Papad,Gulab jamun	Chitti vada & Flavoured milk
11.11.2026	Mysore bonda & chutney	Sprouts Salad,Roti,Plain Rice,Carrot rice,Brinjal tomato curry,Drumstick dal,Rasam,Curd,Fryums,Cut fruit	Aloo chat & juice
12.11.2026	Masala dosa & chutney	Beetroot Salad,Roti,Plain Rice,Curd rice,ivy gourd dum,Sambar, Chutney,Curd,Papad,Boondi laddu	Spring roll & Milkshake
13.11.2026	Idly & Sambar Chutney	protein Salad,Roti,plain rice,Veg Biryani,Paneer butter masala,Spinach dal,Rasam,Curd,Fryums,Cut fruit	Cornflakes & juice
14.11.2026	Set dosa & chutney	potato white Gram salad,Roti,plain rice,jeera rice,Rajma masala curry,Sambar,Chutney Raita,Papad,Shahi toast	popcorn & Milkshake
16.11.2026	Methi paratha & Veg kurma	Beetroot Salad,Roti,Plain Rice,Peas rice,Chole masala curry,Moong dal,Rasam,Curd,Fryums,Cut fruit	Bread jam & butter flavoured milk
17.11.2026	Onion uttappam & chutney	Cucumber Salad,Roti,Plain Rice,Corn rice,Sorakaya tomato curry,Sambar,Chutney,Curd,papad,ice-cream	Cornvada & juice
18.11.2026	Masala dosa & chutney	Potato White Gram,Roti,Plain Rice,Tomato rice,Dahi aloo Curry Spinach dal,Rasam,Curd,Fryums,Cut fruit	Manchuria dry & milkshake
19.11.2026	Onion bonda & chutney	potato white gram Salad,Plain rice,Roti,paneer rice,Mirchi ka Salan Masala curry,Sambar,Chutney,Curd,papad,Pineapple rava kesari	kabuli chana Roasted & juice
20.11.2026	Idly & Sambar Chutney	Shredded Salad,Roti,Plain Rice,plain Bissi bella bath,Okra peanut Fry,Tomato dal,Rasam,Curd,Fryums,Cut fruit	bhel puri & flavoured milk
21.11.2026	Tomato bath & tomato chutney	Carrot Salad,Roti,Plain Rice,Veg rice,Veg koftha Curry,Sambar,Chutney,Curd,papad,Choclate burfi	Onion pakodi & juice
23.11.2026	poori & chole	Sprouts Salad,Roti,Plain Rice,lemon rice,Black chana tomato curry,Drumstick dal,Rasam,Curd,Fryums,Cut fruit	Cornflakes & flavoured milk
25.11.2026	Vada & Sambar Chutney	Green Salad,Roti,Plain Rice,Cocount Rice,Ridged gourd Soya kheema tomato curry,Sambar,Chutney,Curd,papad,Sesame laddu	popcorn & Milkshake
26.11.2026	Onion uttappam & chutney	Russian salad, Fried Rice,Plain Rice,Noodles,tomato Soup, Manchuria,Malabar Spinach dal,Rasam,Curd,Fryums,Cut fruit	Aloo chat & juice
27.11.2026	paneer dosa & chutney	Protein Salad,Roti,Plain rice,Carrot rice,Bendi do pyaza, tomato Curry,Sambar,Chuntey,Curd,papad,Rava laddu with dry cocount	Veg bullets & flavoured milk
28.11.2026	Idly & Sambar Chutney	Cucumber Salad, Roti,Plain Rice,Roselle plant rice,Gobi aloo tomato curry,Bottle gourd dal,Rasam,Curd,Fryums,Cut fruit	Boiled sweetcorn & juice
30.11.2026	Aloo paratha & mix veg kurma	Protein Salad,Roti,Plain Rice,Veg rice,Raw Banana Masala curry,Sambar,Chutney,Curd,papad,fruit custard	Aloo bhaji & Milkshake

Joshua
Canteen Supervisor

Principal 31/10/26