

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH OCTOBER (06.10.2025 TO 31.10.2025)

DATE	BREAKFAST	LUNCH	SNACKS
06.10.2025	poori & chole curry	Green Salad, Roti, plain rice, Tamarind rice, Beans tomato curry, Sambhar, chutney, curd, papad, Semiya kheer	Boiled Sweetcorn & Flavoured milk
07.10.2025	Idly & Sambar Chutney	Sprouts Salad, Roti, plain rice, Corn rice, Gobi Aloo tomato curry, tomato dal, Rasam, curd fryums, cut fruit	chitti vada & juice
08.10.2025	paneer dosa & chutney	Beetroot Salad, Roti, Plain rice, Mint rice, Ridge gourd chana curry, Sambhar, Chutney, papad, Fruit custard	Vada pav & Flavoured milk
09.10.2025	Vada & Sambar Chutney	Potato White Gram salad, Roti, Tomato pulav, Okra tomato curry, Spinach dal, Rasam, Fryums, cut fruit	Aloo chat & Juice
10.10.2025	Tomato bath & Tomato Chutney	Beetroot Salad, Roti, Plain rice, Bissi Bella bath, ivy gourd peanut fry, Sambhar, Chutney, papad, chocolate burfi	Spring roll & Flavoured milk
11.10.2025	Onion uttappam & chutney	Green Salad, Roti, plain rice, Veg pulav, Mealmaker tomato curry, Bottle gourd dal, Rasam, Fryums, curd, Cut fruit	Corn flakes & juice
13.10.2025	Chapathi & Aloo kurma	Green Salad, Roti, plain rice, Cocount rice, Corn palak curry Sambhar, Chutney, papad, curd, Shahi toast	Popcorn & flavoured milk
14.10.2025	Idly & Sambar Chutney	Sprouts, Roti, plain rice, peas rice, Sorakay tomato curry, Drumstick dal, Rasam, Fryums, curd, Cut fruit	Biscuit & juice
15.10.2025	Mysore bonda & Chutney	Potato White gram Salad, Roti, Veg Biryani, Panner Butter Masala Curry, Sambhar, chutney, papad, Gulab jamun	Bread jam & butter Flavoured milk
16.10.2025	Semiya bath & tomato chutney	Carrot salad, Roti, plain rice, jeera rice, Rajma curry, yellow Cucumber dal, Rasam, Fryums, cut fruit	Punugulu & juice
17.10.2025	Masala dosa & chutney	Cucumber Salad, Roti, plain rice, lemon rice, Beans Broad tomato curry, Sambhar, Chutney, papad, curd, Sesame laddu	pav bhaji & Flavoured milk
18.10.2025	Methi paratha & mix veg curry	Indian Russian Salad, Roti, plain rice, Corn rice, Carrot beans poriyal, Dal Tadka, Rasam, Fryums, curd, cut fruit	Aloo chat & juice
20.10.2025	Vada & Sambar Chutney	Green salad, Roti, plain rice, Curd rice, Aloo jeera dum, Sambhar, chutney, papad, curd, Boondi laddu	Boiled sweet corn & milkshake
22.10.2025	Set dosa & Chutney	Carrot Salad, Roti, plain rice, Bagara rice, Brinjal masala curry, Asparagus dal, Rasam, fryums, Cut fruit	Onion pakodi & juice
23.10.2025	poori & aloo besan	Cucumber Salad, Roti, plain rice, Tomato pulav, Veg koftha, Sambhar, Chutney, papad, Curd, Ice-cream	Pop corn & flavoured milk
24.10.2025	Tomato bath & Tomato Chutney	Green Salad, Fried Rice, Plain Rice, Noodles, Veg Corn Soup, Manchurian, Tomato dal, Rasam, curd, fryums, cut fruit	Poha mixture & juice
25.10.2025	Idly & Sambar Chutney	Salad, Roti, plain rice, Mint rice, Yellow Cucumber tomato curry, Sambhar, chutney, papad, curd, Semiya kheer	Bhel puri & flavoured milk
27.10.2025	Mysore bonda & Chutney	Cucumber Salad, Roti, plain rice, Carrot rice, Beerkaya soya chunks keema curry, Asparagus Spinach dal, Rasam, Fryums, Cut fruit	kabuli chana & juice
28.10.2025	Masala dosa & chutney	potato White gram Salad, Roti, Roselle plant leaf rice, Aloo & green peas tomato Curry, Sambhar, Chutney, papad, curd, pine Apple Rava kesari	Vada pav flavoured milk
29.10.2025	Semiya bath & tomato chutney	Indian russian Salad, Roti, plain rice, Veg pulav, Raw banana masala curry, Onion dal, Rasam, Curd, fryums, cut fruit	Bread jam & butter & juice
30.10.2025	Aloo paratha & mix veg curry	Sprouts, Roti plain rice, Tomato rice, Mix veg dry, Sambhar, Chutney, papad, curd, Bread halwa	Cornflakes & milkshake
31.10.2025	Onion uttappam & chutney	Carrot Salad, Roti, plain rice, Cocount rice, Capsicum tomato curry, Malabar Spinach dal, Rasam, curd, fryums, cut fruit.	Veg bullets & juice

Joshua

Canteen Supervisor

(Signature)
Principal

30/10/2025