

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH OCTOBER (01.10.2026 TO 31.10.2026)

DATE	BREAKFAST	LUNCH	SNACKS
01.10.2026	Vada & Sambar Chutney	Cucumber Salad, Roti, plain rice, Tamarind rice, Brinjal & Aloo tomato curry, Tomato dal, Rasam, Curd, Fryums, Cut fruit	Boiled Sweetcorn & Juice
03.10.2026	Methi paratha & mix veg curry	Chopped Salad, Roti, Plain Rice, Cocount rice, Ridge Gourd soya kheema curry, Sambar, Chutney, Curd, papad, Sesame laddu	Bread jam & butter & flavoured milk
05.10.2026	Mysore bonda & chutney	Green Salad, Roti, Plain Rice, Mix Veg rice, Capsicum tomato curry, Moong dal, Rasam, Chutney, Curd, Fryums, Cut fruit	Bhel puri & Juice
06.10.2026	Idly & Sambar Chutney	Indian Russian Salad, Roti, Plain Rice, Curd rice, Aloo cocount fry, Sambar, Chutney, Curd, papad, Bread halwa	Roasted kabuli chana & flavoured milk
07.10.2026	Tomato Bath & tomato chutney	Green Salad, Roti, Plain Rice, Tomato rice, Bottle gourd tomato curry, Spinach dal, Rasam, Curd, Fryums, Cut fruit	Punugulu & juice
08.10.2026	poori & aloo besan	Sprouts Salad, Roti, plain rice, Carrot rice, Drumstick tomato curry, Sambar, Chutney, Curd, papad, Fruit custard	Popcorn flavoured milk
09.10.2026	Set dosa & chutney	Green Salad, Roti, Plain Rice, Bagara rice, Brinjal masala curry, Onion dal, Rasam Curd, Fryums, Cut fruit	Aloo chat & juice
22.10.2026	Semiya bath & tomato chutney	potato Salad, Roti, Plain Rice, Veg rice, Corn palak curry, Sambar, chutney, Curd, Papad, Shahi toast	Corn flakes & milkshake
23.10.2026	Paneer dosa & chutney	Cucumber Salad, Roti, Plain Rice, Bissi bella bath, Ivy gourd peanut fry, Drumstick dal, Rasam, Curd, Fryums, Cut fruit	Roasted kabuli chana & Juice
24.10.2026	Aloo paratha & mix veg curry	Shredded Salad, Roti, Plain Rice, Lemon rice, Beans & Aloo tomato curry, Sambar, Chutney, Curd, papad, Semiya kheer	Bread jam & Butter flavoured milk
26.10.2026	Idly & Sambar Chutney	potato white Gram salad, Roti, plain rice, Veg Biryani, paneer butter Masala, Bottle gourd dal, Rasam, Raita, Fryums, Cut fruit	Bhel puri & juice
27.10.2026	Masala dosa & chutney	Cucumber Salad, Roti, Plain rice, Mix veg rice, okra tomato curry, Sambar, Chutney, Curd, Papad, Gulab jamun	Veg bullets & flavoured milk
28.10.2026	Poori & Chole	Indian Russian Salad, Roti, Plain Rice, Carrot rice, Black chana Curry, Tomato dal, Rasam, Curd, Fryums, Cut fruit	Boiled Sweetcorn & Juice
29.10.2026	Tomato Bath & tomato chutney	Green salad, Fried Rice, Plain Rice, Noodles, tomato Soup, Manchuria, Sambar, Chutney, Curd, Papad, pineapple rava kesari	pop corn & flavoured milk
30.10.2026	Idli & Sambar, chutney	Potato White Gram Salad, Roti, plain Rice, Mint rice, Ridge Gourd chana tomato curry, Spinach dal, Rasam, Curd, Fryums, Cut fruit	Cornflakes & juice
31.10.2026	Onion uttappam & chutney	Cucumber, Salad, Roti, plain rice, Coconut rice, Carrot beans poriyal, Sambar, chutney, Curd, papad, Sweet pongal	chitti vada & flavoured milk

Joshna
Canteen Supervisor

11/10/2026
Principal