

THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	17-Aug-26	18-Aug-26	19-Aug-26	20-Aug-26	21-Aug-26	22-Aug-26	23-Aug-26
Day	**Mon**	**Tues**	**Wed**	**Thu**	**Fri**	**Sat**	**Sun**
CHOTA HAAZRI							
Biscuit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	***HAPPY SUNDAY***
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	***BRUNCH***
BREAKFAST							
Beverage	Hot Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Tea	Hot Chocolate Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Bournvita/Boost/ Tea	*Milk Shake/Hot Milk/Coffee*
Cereals	Choco Kellogg's	Honey Crunch Kellogg's	Muesli		Wheat Flakes Kellogg's	Porridge	*Kellogg's Honey Crunch/ Choco Cereal/ Muesli*
Bread	Toast/ Brown Bread	Toast/ White Bread/	Toast/ Brown Bread	Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	*Toast/ Brown Bread*
Jam/Butter	Mix Fruit Jam/ Butter	Mix Fruit Jam/Butter	Cheese Slice/Mix Fruit Jam/Butter	Mix Fruit Jam/ Butter	Cheese Spread/ Mix Fruit Jam/Butter	Nutella Choco Spread / Mix Fruit Jam/Butter	*Cheese Spread/ Nutella Choco Spread / Mix Fruit Jam/Butter*
Main Dish	Baked Beans	Ajwain Paratha	Atta Chilla	Mix Veg Paratha	Vada	Poha	*Veg Coleslaw Sandwich*
2nd Veg Dish	Chilli Cheese Toast	Aloo Masala	Smiley	Paneer Matar Bhaji	Veg Fingers	Veg Cutlet	
Egg/Sausages	Fried Egg	Boiled Egg	Chicken Nuggets/ Scrambled Eggs		Chicken Salami/ Egg Bhurji	Omelette	*Boiled Eggs/ Omelette*
Dry Fruits		Almonds		Almonds			*Chicken Sandwich*
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	*Assorted Seasonal Fruits*
Sauce	Tomato Ketchup	Chutney	Tomato Chutney	Tomato Sauce	Imli Chutney	Tomato Chutney	*Curd and Pickle*
MID MORNING							*Aloo Paratha*
Fruit/Snacks	Chocolate Cake		Fruit Cake	Biscuits	Muffins	Red Velvet Pastry	*Butter Naan*
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	*Jeera Rice*
LUNCH							*Dal Makhani*
Rice	Rice	Jeera Rice	Fried Rice	Plain Rice	Veg Biryani	Rice	*Paneer Butter Masala*
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati		Whole Wheat Chapati	Whole Wheat Chapati	Multi Grain Chapati	*Butter Chicken*
Pulses/ Dal	Sabut Moong Tadka	Kadhi Pakora	Veg Hakka Noodles	Rajma Masala	Paneer Makhani	Bottle Gourd Chana Dal	*Brownies*
Veg/ paneer	Mix Veg	Seasonal Vegetables	Honey Sesame Potato	Aloo Beans	Brinjal Salan	Navratan Veg Korma	*Ice Cream*
Veg.2/ Conti			Hot Garlic Paneer				
Non Veg			Hot Garlic Chicken		Chicken Biryani		
Raita/		Boondi Raita		Curd	Mix Veg Raita	Curd	
Salad	Garden Fresh Salad	Kachumber Salad	Salad	Salad	Salad	Salad	
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	
Fruit/ Dessert	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
EVENING SNACKS							
Snacks	Batata Vada	Veg Puff	Bhelpuri	Samosa	Mushroom Puff	Black Chana Chaat	Bun/ Samosa/ Cake/ Fruit
Beverage	Tea	Tea	Tea	Tea	Tomato Basil Soup	Tea	Juice
DINNER							
Soup						Veg Lung Fung Soup	
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Rice	Rice	Burger	Rice
Bread	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Veg Finger	Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Lahori	Dal Moth Masoor	Dal Panchmel	Dal Fry	Veg Patty	Dal Fry
Veg/ paneer	Kadhai Paneer	Paneer Butter Masala	Veg Kofta Curry	Matar Mushroom	Gobhi Matar	Roasted Paneer	Paneer Do Pyaza
2nd Veg./ N-Veg/ Conti		Seasonal Vegetables				Spread	
Non Veg	Kadhai Chicken					Roasted Chicken	Egg Curry
Salad	Salad	Salad	Salad	Salad	Salad	Lettuce/ Cucumber/ Tomato	Salad
Fruit/ Dessert	Besan Burfi	Atta Halwa	Fruit Custard	Gulab Jamun	Sevai Kheer	Jelly	Chocolate Fudge
COCOA							
Biscuit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Beverage	Horlicks with Hot Milk	Drinking Hot Chocolate	Boost With Hot Milk	Bournvita With Hot Milk	Horlicks with Hot Milk	Bournvita With Hot Milk	Boost With Hot Milk

****** Menu subject to change according to the availability of seasonal vegetable & raw material******