THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	31-Aug-26	01-Sep-26	02-Sep-26	03-Sep-26	04-Sep-26	05-Sep-26	06-Sep-26
Day	**Mon**	**Tues**	**Wed**	**Thu**	**Fri**	**Sat**	**Sun**
CHOTA HAAZRI							
Biscuit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
BREAKFAST							
Beverage	Hot Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Tea	Hot Chocolate Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Bournvita/Boost/ Tea	Chocolate Shake/ Coffee
Cereals	Choco Kellogg's	Honey Crunch Kellogg's	Muesli		Wheat Flakes Kellogg's	Porridge	
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	Mix Fruit Jam/Butter
Main Dish	Soya Veg Cutlets	Banana Chocolate Pan Cake	Gobhi Paratha	Bottle Gourd Atta Chilla	Poha	Ajwain Paratha	Puri
2nd Veg Dish	Toast	Veg Nuggets	Aloo Masala	Smiley	Veg Fingers	Paneer Matar Masala	Bhaji
Egg/Sausages	Masala Omelette	Boiled Egg	Boiled Egg	Chicken Nuggets/ Scrambled Eggs	Fried Egg		
Dry Fruits		Almonds		Almonds		Almonds	
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	Banana
Sauce	Tomato Ketchup	Chutney	Tomato Sauce	Tomato Chutney	Imli Chutney	Chutney	Coconut Chutney
MID MORNING							
Fruit/Snacks	Chocolate Cake	Namkeen	Fruit Cake	Biscuits	Blueberry Muffins	Blackforest Pastry	
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Lassi	Tea / Coffee	Tea / Coffee	
LUNCH							
Rice	Rice	Rice	Rice	Plain Rice	Jeera Pulao	Rice	Pulao
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Multi Grain Chapati	Whole Wheat Chapati	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Sabut Moong Tadka	Dal Noor Mahal	Rajma Masala	Dal Banjara	Bottle Gourd Chana Dal	Punjabi Rajma
Veg/ paneer	Seasonal Vegetables	Mix Veg	Paneer Handi	Navratan Veg Korma	Kadai Paneer	Bhindi Masala	Aloo Brinjal
Veg.2/ Conti							
Non Veg			Chicken Kolhapuri		Palak Chicken		
Raita/		Boondi Raita		Curd	Mix Veg Raita	Curd	Curd
Salad	Garden Fresh Salad	Kachumber Salad	Russian Salad	Salad	Salad	Salad	Papad
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Fruit	Fruit	Ice Cream	Fruit	Ladoo	Fruit	Fruit
EVENING SNACKS							
Snacks	Veg Puff	Veg Cutlets	Bhelpuri	Bun Samosa	Mushroom Puff	Mix Pakora	Bread Pakora
Beverage	Tea	Tea	Tea	Tea	Tomato Soup	Tea	Tea
DINNER							
Rice	Steamed Rice	Peas Pulao	Rice	Rice	Rice	Butter Fried Rice	Rice
Bread	Whole Wheat Chapati	Whole Wheat Chapati	Veg Butter Noodle	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Makhani	Dal Moth Masoor	Dal Moong Sabut	Dal Fry	Pasta is Red Sauce	Dal Fry
Veg/ paneer	Paneer Bhurji	Paneer Butter Masala	Honey Chilli Potato	Matar Mushroom	Sauteed Broccoli	French Fries	Paneer Do Pyaza
2nd Veg./ N- Veg/ Conti		Seasonal Vegetables	Veg Khati Roll	Aloo Matar Nutri	Aloo Beens	Grilled Paneer	
Non Veg	Mutton Seekh Kabab					Grilled Chicken	Egg Curry
Salad	Salad	Salad	Salad	Salad	Salad		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******