

THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	14-Sep-26	15-Sep-26	16-Sep-26	17-Sep-26	18-Sep-26	19-Sep-26	20-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	Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread
Jam/Butter	Mix Fruit Jam/ Peanut Butter/ Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/Butter	Mix Fruit Jam/ Butter	Cheese Slice/ Mix Fruit Jam/Butter	Nutella Choco Spread / Mix Fruit Jam/Butter	Mix Fruit Jam/Butter
Main Dish	Baked Beans	Moong Dal Chilla	Beetroot Cutlet	Mix Paratha	Pav	Poha	Poori
2nd Veg Dish	Toast		Corn Cheese Chilli Sandwich	Aloo Masala	Bhaji	Veg Fingers	Aloo Bhaji
Egg/Sausages	Masala Omelette	Boiled Egg	Spinach Omelette		Boiled Egg	Chicken Sausages/ Egg Bhurji	
Dry Fruits		Almonds		Almonds			
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	Banana
Sauce	Ketchup	Tomato Chutney	Ketchup	Tomato Sauce	Tomato Sauce	Tomato Sauce	
MID MORNING							
Fruit/Snacks	Fruit Cake		Namkeen	Biscuits	Pastry	Cake	
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Lassi	Tea / Coffee	Tea / Coffee	
LUNCH							
Rice	Rice	Jeera Rice	Butter Fried Rice	Plain Rice	Rice	Jeera Rice	Rice
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati	Multi Grain Chapati	Puri	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Black Chana	Pasta is Red Sauce	Rajma Masala	Dal Noor Mahal	Chole Masala	Punjabi Rajma
Veg/ paneer	Seasonal Vegetables	Kadai Veg	French Fries	Lauki Tamatar	Paneer Makhani	Aloo Gobhi	Brinjal Bharta
Veg.2/ Conti			Grilled Paneer			Boondi Raita	
Non Veg			Grilled Chicken		Mutton Rogan Josh		
Raita/		Boondi Raita		Curd	Cucumber Raita	Boondi Raita	Curd
Salad	Garden Fresh Salad	Kachumber Salad	Russian Salad	Salad	Salad	Kuchamcer Salad	Papad
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Fruit	Fruit	Ice Cream	Fruit	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Vada Pav	Bun Samosa	Chocolate Donut	Bun With Herb Chilli	Veg Puff	Samosa	Bread Pakoda
Beverage	Tea	Tea	Tea	Tomato Soup	Tea	Tea	Tea
DINNER							
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Rice	Rice	Fried Rice	Rice
Bread	Rognai Roti	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati		Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Makhani	Palak Dal	Dal Moong Sabut	Dal Fry	Maggi	Dal Malka

Veg/ paneer	Paneer Bhurji	Soya Chaap Butter Masala	Gajar Matar	Aloo Soya	Mushroom Do Pyaza	Potato Wedges	Matar Paneer
2nd Veg./ N-Veg/ Conti					Aloo Beans	Chilli Paneer	
Non Veg	Chicken Seekh Kabab					Chilli Chicken	Egg Curry
Salad	Salad	Salad	Salad	Salad	Salad		Salad
Fruit/ Dessert	Rice Kheer	Atta Halwa	Fruit Custard	Gulab Jamun	Besan Burfi	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******