

THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	21-Sep-26	22-Sep-26	23-Sep-26	24-Sep-26	25-Sep-26	26-Sep-26	27-Sep-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	*Blueberry Milk Shake/Hot Milk/Coffee*
Cereals	Choco Kellogg's	Honey Crunch Kellogg's	Muesli		Wheat Flakes Kellogg's	Porridge	*Kellogg's Honey Crunch*
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/ Peanut Butter / Mix Fruit Jam/Butter*
Main Dish	Soya Veg Cutlets	Veg Coleslaw Sandwich	Atta Chilla	Mix Veg Paratha	Vada	Poha	*Boiled Eggs*
2nd Veg Dish	Toast	Veg Nuggets	Smiley	Aloo Masala	Veg Fingers	Veg Cutlet	***South Indian***
Egg/Sausages	Masala Omelette	Boiled Egg	Chicken Nuggets/ Scrambled Eggs		Chicken Salami/ Egg Bhurji	Omelette	*Idli*
Dry Fruits		Almonds		Almonds			*Sambhar*
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	*Coconut Chutney*
Sauce	Tomato Ketchup	Tomato Ketchup	Tomato Chutney	Tomato Sauce	Imli Chutney	Tomato Chutney	***Chinese***
MID MORNING							*Veg Hakka Noodles*
Fruit/Snacks	Chocolate Cake		Fruit Cake	Biscuits	Muffins	Red Velvet Pastry	*Vegetable Fried Rice*
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Tea / Coffee	Tea / Coffee	Tea / Coffee	*Chilli Paneer*
LUNCH							*Veg Manchurian*
Rice	Jeera Rice	Rice	Butter Fried Rice	Plain Rice	Veg Biryani	Rice	*Chilli Chicken*
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati	Whole Wheat Chapati	Multi Grain Chapati	*French Fries*
Pulses/ Dal	Kadhi Pakora	Sabut Moong Tadka	Pasta is Red Sauce	Rajma Masala	Matar Paneer	Bottle Gourd Chana Dal	***Dessert***
Veg/ paneer	Seasonal Vegetables	Mix Veg	French Fries	Aloo Beans	Brinjal Salan	Navratan Veg Korma	*Brownies*
Veg.2/ Conti			Butter Lemon Grilled Paneer				*Gulab Jamun*
Non Veg			Butter Lemon Grilled Chicken		Chicken Biryani		
Raita/	Boondi Raita			Curd	Mix Veg Raita	Curd	*Assorted Sesonal Fruits*
Salad	Kachumber Salad	Garden Fresh Salad	Russian Salad	Salad	Salad	Salad	
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	
Fruit/ Dessert	Fruit	Fruit	Ice Cream	Fruit	Fruit	Fruit	
EVENING SNACKS							
Snacks	Bun Samosa	Veg Puff	Vada Pav	Samosa	Mushroom Puff	Bread Pokara	Bun/ Samosa/ Cake/ Fruit
Beverage	Tea	Tea	Tea	Tea	Tomato Basil Soup	Tea	Juice
DINNER							

Soup							
Rice	Steamed Rice	Jeera Rice	Steamed Rice	Rice	Rice	Peas Pulao	Rice
Bread	Whole Wheat Chapati	Paratha	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Makhani	Dal Moth Masoor	Dal Panchmel	Dal Fry	Dal Lahori	Dal Fry
Veg/ paneer	Kadhai Paneer	Afghani Soya Chaap	Veg Kofta Curry	Matar Mushroom	Gobhi Matar	Paneer Butter Masala	Paneer Do Pyaza
Non Veg	Kadhai Chicken						Egg Curry
Salad	Salad	Salad	Salad	Salad	Salad	Salad	Salad
Fruit/ Dessert	Rice Kheer	Gulab Jamun	Fruit Custard	Moong Dal Halwa	Sevai Kheer	Atta Halwa	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******