

THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	28-Sep-26	29-Sep-26	30-Sep-26	01-Oct-26	02-Oct-26	03-Oct-26	04-Oct-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	Fried Rice	Plain Rice	Rice	Jeera Rice	Rice
Indian Bread	Whole Wheat Chapati	Bhatura		Whole Wheat Chapati	Multi Grain Chapati	Paratha	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Chana Masala	Maggi	Rajma Masala	Dal Noor Mahal	Dal Makhani	Dal Noor Mahal
Veg/ paneer	Seasonal Vegetables	Aloo jeera	Potato Wedges	Lauki Tamatar	Paneer Makhani	Methi Malai Paneer	Paneer Butter Masala
Veg.2/ Conti			Chilli Paneer			Navratan Veg Korma	Aloo Gobhi
Non Veg			Chilli Chicken		Chicken Makhani	Chicken Butter Masala	Chicken Masala
Raita/		Boondi Raita		Curd	Cucumber Raita	Mutton Sheek Kabab	Raita
Salad	Garden Fresh Salad	Kachumber Salad	Salad	Salad	Salad	Boodi Raita/ Kuchumber Salad	Papad
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Ice Cream	Fruit	Ice Cream	Fruit	Fruit	Fruit/ Ice Cream	Fruit/ Ice Cream
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							

Soup						Sweet Corn Soup	
Rice	Steamed Rice	Peas Pulao	Steamed Rice	Rice	Rice	Burger	Rice
Bread	Rognai Roti	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Veg Finger	Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Makhani	Palak Dal	Dal Moong Sabut	Dal Fry	Veg Patty	Dal Tadka
Veg/ paneer	Paneer Bhurji	Matar Paneer	Gajar Matar	Aloo Soya	Mushroom Do Pyaza	Roasted Paneer	Kadhai Paneer
2nd Veg./ N-Veg/ Conti					Aloo Beans	Spread	
Non Veg	Chicken Seekh Kabab					Roasted Chicken	Kadhai Chicken
Salad	Salad	Salad	Salad	Salad	Salad	Lettuce/ Cucumber/ Tomato	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******