



THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	20-Jul-26	21-Jul-26	22-Jul-26	23-Jul-26	24-Jul-26	25-Jul-26	26-Jul-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	Baked Beans	Pav	Bread Pakora	Palak Paratha	Vada	Poha	Idli

2nd Veg Dish	Chilli Cheese Toast	Bhaji	Smiley	Aloo Masala	Veg Fingers	Veg Cutlet	Sambhar
Egg/Sausages	Boiled Egg	Boiled Egg	Chicken Nuggets		Chicken Salami/ Egg Bhurji	Omelette	
Dry Fruits		Almonds		Almonds			
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	Banana
Sauce	Tomato Ketchup	Chutney	Tomato Ketchup	Tomato Sauce	Imli Chutney	Tomato 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	Jeera Rice	Butter Fried Rice	Plain Rice	Jeera Pulao	Rice	Pulao
Indian Bread	Whole Wheat Chapati	Bhatura	Garlic Bread	Whole Wheat Chapati	Multi Grain Chapati	Whole Wheat Chapati	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Peshawari Cholle	Pasta is Red Sauce	Rajma Masala	Dal Banjara	Bottle Gourd Chana Dal	Punjabi Rajma
Veg/ paneer	Seasonal Vegetables	Aloo Jeera	French Fries	Mix Veg	Kadai Paneer	Navratan Veg Korma	Aloo Brinjal
Veg.2/ Conti			Butter Lemon Grilled Paneer				

Non Veg			Butter Lemon Grilled Chicken		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	Fruit	Fruit	Fruit
EVENING SNACKS							
Snacks	Batata Vada	Veg Puff	Bhelpuri	Bun Samosa	Mushroom Puff	Onion Kachori	Bread Pakoda
Beverage	Tea	Tea	Tea	Tea	Tomato Soup	Tea	Tea
DINNER							
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 Makhani	Dal Moth Masoor	Dal Moong Sabut	Dal Fry	Veg Patty	Dal Fry
Veg/ paneer	Paneer Bhurji	Paneer Butter Masala	Veg Kofta Curry	Matar Mushroom	Sauteed Broccoli	Roasted Paneer	Paneer Do Pyaza

2nd Veg./ N-Veg/ Conti		Seasonal Vegetables		Aloo Matar Nutri	Aloo Beens	Spread	
Non Veg	Mutton Seekh Kabab					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