THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	26-Oct-26	27-Oct-26	28-Oct-26	29-Oct-26	30-Oct-26	31-Oct-26	01-Nov-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/ White 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	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	Red Kidney Beans Cutlets	Moong Dal Chilla	Poha	Beetroot Paratha	Pav	Suji Upma	Uttapam
2nd Veg Dish	Toast		Corn Coleslaw Sandwich	Aloo Masala	Bhaji	Veg Fingers	Sambhar
Egg/Sausages	Masala Omelette	Boiled Egg	Spinach Omelette		Boiled Egg	Chicken Sausages/ Egg Bhurji	
Dry Fruits		Almonds		Almonds	Almonds		
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	Banana
Sauce	Ketchup	Tomato Chutney	Ketchup	Tomato Sauce	Chutney	Coconut Chutney	Coconut Chutney
MID MORNING							
Fruit/Snacks	Fruit Cake		Chocolate Cake	Biscuits	Pineapple Pastry	Banana Cake	
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Lassi	Tea / Coffee	Tea / Coffee	
LUNCH							
Rice	Rice	Jeera Rice	Fried Rice	Plain Rice	Jeera Pulao	Rice	Rice
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati		Whole Wheat Chapati	Multi Grain Chapati	Whole Wheat Chapati	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Black Chana	Maggi	Rajma Masala	Dal Moong Fry	Urad Sabut Dal	Punjabi Rajma
Veg/ paneer	Seasonal Vegetables	Kadai Veg	Potato Wedges	Aloo Methi	Palak Paneer	Bhindi Do Pyaza	Brinjal Bharta
Veg.2/ Conti			Chilli Paneer				
Non Veg			Chilli Chicken		Kadhai Chicken		
Raita/		Boondi Raita		Curd	Cucumber Raita	Curd	Curd
Salad	Garden Fresh Salad	Kachumber Salad	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	Vada Pav	Veg Chop	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		Rice
Bread	Rognai Roti	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati
Pulses/ Dal/ Veg	Mix Dal	Dal Mashoor	Dal Chana	Dal Moong Sabut	Dal Fry	Pasta Rose Marie Sauce	Dal Malka
Veg/ paneer	Paneer Bhurji	Soya Chaap Butter Masala	Aloo Gobi	Soya Paneer Keema	Mushroom Do Pyaza	Veg Au Gratin	Matar Paneer
2nd Veg./ N- Veg/ Conti					Gajar Matar	Mashed Potato	
Non Veg	Mutton Seekh Kabab					Chicken Brown Sauce	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******