THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	12-Oct-26	13-Oct-26	14-Oct-26	15-Oct-26	16-Oct-26	17-Oct-26	18-Oct-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	*Strawberry 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/ Brown Bread	Toast/ Brown Bread	Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	*Toast/ Brown Bread*
Jam/Butter	Peanut 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	Mix Fruit Jam/Butter	*Cheese Spread/ Peanut Butter / Mix Fruit Jam/Butter*
Main Dish	Baked Beans	Besan Chilla	Poha	Beetroot Paratha	Suji Upma	Pav	*Boiled Eggs/ Omelettes*
2nd Veg Dish	Toast		Smiley	Aloo Masala	Veg Fingers	Bhaji	***Continental***
Egg/Sausages	French Toast	Boiled Egg	Chicken Nuggets	Chicken Sausages/ Egg B		Boiled Egg	*Veg Fingers*
Dry Fruits		Almonds		Almonds			*Chicken Nuggets*
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	*Creamy Bell Pepper Mayo Pasta*
Sauce	Tomato Ketchup	Tomato Chutney	Tomato Ketchup	Tomato Sauce	Coconut Chutney	Tomato Sauce	***Indian***
MID MORNING							*Paneer Cheese Aloo Paratha*
Fruit/Snacks	Fruit Cake		Namkeen	Biscuits	Pineapple Pastry	Banana Cake	*Curd / Pickle*
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Flavoured Milk	Tea / Coffee	Tea / Coffee	*Butter Naan*
LUNCH							*Kashmiri Pulao*
Rice	Rice	Jeera Rice	Butter Fried Rice	Plain Rice	Rice	Rice	*Dal Makhani*
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati	Ajwain Paratha	Multi Grain Chapati	*Chicken Korma*
Pulses/ Dal	Kadhi Pakora	Chole	Pasta in Bechamel Sauce	Rajma Masala	Dal Maska Wala	Dal	*Paneer Butter Masala*
Veg/ paneer	Seasonal Vegetables	Achari Masala Aloo	French Fries	Lauki Tamatar	Paneer Afghani	Veg Diwani Handi	*Vinegar Onion and Green Chilli*
Veg.2/ Conti			Veg Jalfrezi				***Dessert***
Non Veg			Chicken Jalfrezi		Chicken Afghani		*Gulab Jamun*
Raita/		Boondi Raita		Curd	Cucumber Raita	Boondi Raita	

Salad	Garden Fresh Salad	Kachumber Salad	Russian Salad	Salad	Salad	Kuchumber Salad	*Assorted Seasonal Fruits*
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	
Fruit/ Dessert	Fruit	Fruit	Ice Cream	Fruit	Fruit	Atta Halwa	
EVENING SNACKS							
Snacks	Vada Pav	Bun Samosa	Chocolate Donut	Bun With Herb Chilli	Veg Puff	Samosa	Bun/ Samosa/ Cake/ Fruit
Beverage	Tea	Tea	Tea	Tomato Soup	Tea	Tea	Juice
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 Malka
Veg/ paneer	Paneer Bhurji	Soya Chaap Butter Masala	Gajar Matar	Soya Paneer Keema	Mushroom Do Pyaza	Roasted Paneer	Matar Paneer
2nd Veg./ N-Veg/ Conti					Aloo Beans	Spread	
Non Veg	Mutton Seekh Kabab					Roasted Chicken	Egg Curry
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******