

Buffet Cycle Menu (MAY' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-1

CATEGORY	MONDAY 4 th May	TUESDAY 5 th May	WEDNESDAY 6 th May	THURSDAY 7 th May	FRIDAY 8 th May
SNACKS (Breakfast)	Vermicille (260 Kcal)	Moong Dal chilla + mint chutney (270 Kcal)	Vegetable upma (260 Kcal)	Paneer sandwich (280 Kcal)	Vegetable Idli + sambar (270 Kcal)
Fruits	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)
Soup/Curd	Curd (70 Kcal)	Tomato vegetable soup (100 Kcal)	Spinach Soup (90 Kcal)	Lentil Soup (100 Kcal)	Curd (70 Kcal)
Lunch– Indian	Chhole Masala (200 Kcal)	Rajma Curry (200 Kcal)	Dal Makhni Light (200 Kcal)	Kadhi Pakoda (200 Kcal)	Palak Paneer (220 Kcal)
Accompaniments	1 Roti (110 Kcal) and Steamed Rice	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Rice	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Rice
Vegetable	Bhindi Masala (70 Kcal)	Vegetables Stir fry (70 Kcal)	Cabbage peas sabzi (70 Kcal)	Aloo Beans (70 Kcal)	Pumpkin sabzi (60 Kcal)
Salad	Cucumber Salad (40 Kcal)	Carrot salad (40Kcal)	Beetroot Salad (40 Kcal)	Tomato onion Salad (40 Kcal)	Sprout Salad (40 Kcal)
Desserts	--	--	Fruit yogurt (90 Kcal)	--	Rice kheer small (100 Kcal)

Buffet Cycle Menu (MAY' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-2

CATEGORY	MONDAY 11 th May	TUESDAY 12 th May	WEDNESDAY 13 th May	THURSDAY 14 th May	FRIDAY 15 th May
SNACKS (Breakfast)	Corn Vegetable Sandwich (260 Kcal)	Poha (270 Kcal)	Masala Oats (250 Kcal)	Vegetable uttapam (270 Kcal)	Paneer Puff (260 Kcal)
Fruits	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)
Soup/Curd	Curd (70 Kcal)	Spinach soup (90 Kcal)	Tomato Basil Soup (100 Kcal)	Curd (70 Kcal)	Lentil Soup (100 Kcal)
Lunch– Indian	Dal Tadka (200 Kcal)	Chana Dal (230 Kcal)	Rajma Curry (200 Kcal)	Mixed Dal (200 Kcal)	Masoor Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Rice	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal)	1 Roti (110 Kcal) and Steamed Rice
Vegetable	Mixed veg (80 Kcal)	Lauki Sabzi (60 Kcal)	Aloo soya peas Sabzi (60 Kcal)	Beans carrot (70 Kcal)	Aloo gobi (80 Kcal)
Salad	Green Salad (40Kcal)	Cucumber Carrot salad (40 Kcal)	Onion Salad (40 Kcal)	Beetroot raddish Carrot Salad (40 Kcal)	Sprout Salad (40 Kcal)
Desserts	--	--	Sooji Halwa small (100 Kcal)	--	Rice Pudding (100 Kcal)

