

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

CATEGORY	WEDNESDAY 1 st July	THURSDAY 2 nd July	FRIDAY 3 rd July
SNACKS (Breakfast)	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)
Soup/Curd	Spinach Soup (90 Kcal)	Lentil Soup (100 Kcal)	Curd (70 Kcal)
Lunch– Indian	Dal Makhni Light (200 Kcal)	Kadhi Pakoda (200 Kcal)	Palak Paneer (220 Kcal)
Accompaniments	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Cabbage peas Sabzi (70 Kcal)	Aloo Beans (70 Kcal)	Pumpkin Sabzi (60 Kcal)
Salad	Beetroot Salad (40 Kcal)	Tomato Onion Salad (40 Kcal)	Sprout Salad (40 Kcal)
Desserts	Fruit Yogurt (90 Kcal)	--	Rice Kheer Small (100 Kcal)

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Week-2

CATEGORY	MONDAY 6 th July	TUESDAY 7 th July	WEDNESDAY 8 th July	THURSDAY 9 th July	FRIDAY 10 th July
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 Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Mixed Veg. (80 Kcal)	Lauki Sabzi (60 Kcal)	Aloo Soya Peas Sabzi (60 Kcal)	Beans Carrot Sabzi (70 Kcal)	Aloo Gobi (80 Kcal)
Salad	Green Salad (40 Kcal)	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)

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Week-3

CATEGORY	MONDAY 13 th July	TUESDAY 14 th July	WEDNESDAY 15 th July	THURSDAY 16 th July	FRIDAY 17 th July
SNACKS (Breakfast)	Rava Vegetable Upma (260 Kcal)	Vegetable Poha (260 Kcal)	Veg. Sandwich (270 Kcal)	Vegetable Chilla (270 Kcal)	Stuffed Vegetable Sandwich (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 soup (100 Kcal)	Spinach soup (90 Kcal)	Sweet corn soup (90 Kcal)	Curd (70 Kcal)
Lunch– Indian	Chhole Curry (200 Kcal)	Dal Fry (200 Kcal)	Rajma Curry (200 Kcal)	Matar Paneer Curry (220 Kcal)	Palak Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Carrot Capsicum Aloo Sabzi (60 Kcal)	Achari Aloo Brinjal Sabzi (70 Kcal)	Cabbage Peas (70 Kcal)	Aloo Beans Sabzi (70 Kcal)	Methi Aloo (60 Kcal)
Salad	Sprout Salad (40 Kcal)	Carrot salad (40 Kcal)	Green Salad (40 Kcal)	Beetroot Raddish Carrot Salad (40 Kcal)	Tomato Salad (40Kcal)
Desserts	--	--	Fruit Yogurt (90 Kcal)	--	Sooji Halwa (100 Kcal)

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Week-4

CATEGORY	MONDAY 20 th July	TUESDAY 21 st July	WEDNESDAY 22 nd July	THURSDAY 23 rd July	FRIDAY 24 th July
SNACKS (Breakfast)	Vegetable Idli (260 Kcal)	Pao Bhaji (270 Kcal)	Masala Oats (250 Kcal)	Besan Chilla (270 Kcal)	Vegetable Uttapam (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	Carrot Soup (100 Kcal)	Tomato Soup (100 Kcal)	Curd (70 Kcal)	Spinach Soup (90 Kcal)	Curd (70 Kcal)
Lunch– Indian	Dal Makhni Light (200 Kcal)	Chhole Masala (200 Kcal)	Rajma Curry (200 Kcal)	Methi Paneer (220 Kcal)	Lobia Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Soya Keema Peas (70 Kcal)	Pumpkin Sabzi (60 Kcal)	Mixed Veg. (80 Kcal)	Jeera Aloo Sabzi (70 Kcal)	Cabbage Peas (70 Kcal)
Salad	Green Salad (40 Kcal)	Cucumber Salad (40 Kcal)	Beetroot Raddish Carrot Salad (40 Kcal)	Sprout Salad (40 Kcal)	Carrot Salad (40 Kcal)
Desserts	--	--	Fruit Custard (90 Kcal)	--	Pineapple Curd (100 Kcal)

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Week-5

CATEGORY	MONDAY 27 th July	TUESDAY 28 th July	WEDNESDAY 29 th July	THURSDAY 30 th July	FRIDAY 31 st July
SNACKS (Breakfast)	Vegetable Poha (260 Kcal)	Moong Dal Chilla + Mint Chutney (270 Kcal)	Vegetable Upma (260 Kcal)	Paneer Besan Chilla (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 (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
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 (40 Kcal)	Beetroot Salad (40 Kcal)	Tomato Onion Salad (40 Kcal)	Sprout Salad (40 Kcal)
Desserts	--	--	Fruit Yogurt (90 Kcal)	--	Rice Kheer Small (100 Kcal)