

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

CATEGORY	MONDAY 5 th OCTOBER	TUESDAY 6 th OCTOBER	WEDNESDAY 7 th OCTOBER	THURSDAY 8 th OCTOBER	FRIDAY 9 th OCTOBER
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	Tomato Soup (70 Kcal)	Curd (100 Kcal)	Spinach Soup (90 Kcal)	Sweet Corn Soup (90 Kcal)	Curd (70 Kcal)
Lunch– Indian	Kadhi (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 Jeera 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)	Aloo Gobi (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-2

CATEGORY	MONDAY 12 th OCTOBER	TUESDAY 13 th OCTOBER	WEDNESDAY 14 th OCTOBER	THURSDAY 15 th OCTOBER	FRIDAY 16 th OCTOBER
SNACKS (Breakfast)	Vegetable Idli + Chutney (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)	Chole 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-3

CATEGORY	WEDNESDAY 21 st OCTOBER	THURSDAY 22 nd OCTOBER	FRIDAY 23 rd OCTOBER
SNACKS (Breakfast)	Vegetable Poha (260 Kcal)	Moong Dal Chilla + Mint Chutney (270 Kcal)	Vegetable Upma (260 Kcal)
Fruits	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)
Lunch– Indian	Chole Masala (200 Kcal)	Rajma Curry (200 Kcal)	Dal Makhni Light (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 Jeera Rice (180 Kcal)
Vegetable	Bhindi Masala (70 Kcal)	Vegetables Stir Fry (70 Kcal)	Cabbage Peas Sabzi (70 Kcal)
Salad	Cucumber Salad (40 Kcal)	Carrot Salad (40 Kcal)	Beetroot Salad (40 Kcal)
Desserts	--	--	Fruit Yogurt (90 Kcal)

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Week-4

CATEGORY	TUESDAY 27 th OCTOBER	WEDNESDAY 28 th OCTOBER	THURSDAY 29 th OCTOBER	FRIDAY 30 th OCTOBER
SNACKS (Breakfast)	Paneer Puff (280 Kcal)	Vegetable Idli + Sambar (270 Kcal)	Corn Vegetable Sandwich (260 Kcal)	Veg. Poha (270 Kcal)
Fruits	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruits (60 Kcal)
Soup/Curd	Lentil Soup (100 Kcal)	Curd (70 Kcal)	Curd (70 Kcal)	Spinach Soup (90 Kcal)
Lunch– Indian	Kadhi (200 Kcal)	Palak Paneer (220 Kcal)	Dal Tadka (200 Kcal)	Chana Dal (230 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)
Vegetable	Aloo Beans (70 Kcal)	Pumpkin Sabzi (60 Kcal)	Mixed Veg. (80 Kcal)	Lauki Sabzi (60 Kcal)
Salad	Tomato Onion Salad (40 Kcal)	Sprout Salad (40 Kcal)	Green Salad (40 Kcal)	Cucumber, Carrot Salad (40 Kcal)
Desserts	--	Rice Kheer (100 Kcal)	--	--