

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

CATEGORY	TUESDAY 1 st SEPTEMBER	WEDNESDAY 2 nd SEPTEMBER	THURSDAY 3 rd SEPTEMBER
SNACKS (Breakfast)	Poha (270 Kcal)	Masala Oats (250 Kcal)	Vegetable Uttapam (270 Kcal)
Fruits	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)
Soup/Curd	Lentil Soup (90 Kcal)	Tomato Basil Soup (100 Kcal)	Curd (70Kcal)
Lunch– Indian	Chana Dal (230 Kcal)	Kadhi (200 Kcal)	Mix Dal (200 Kcal)
Accompaniments	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	Lauki Sabzi (60 Kcal)	Aloo Soya Peas Sabzi (60 Kcal)	Beans Carrot Sabzi (70 Kcal)
Salad	Cucumber Carrot Salad (40 Kcal)	Onion Salad (40 Kcal)	Beetroot Raddish Carrot Salad (40 Kcal)
Desserts	--	Sooji Halwa (100 Kcal)	--

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Week-2

CATEGORY	MONDAY 7 th SEPTEMBER	TUESDAY 8 th SEPTEMBER	WEDNESDAY 9 th SEPTEMBER	THURSDAY 10 th SEPTEMBER	FRIDAY 11 th SEPTEMBER
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-3

CATEGORY	MONDAY 14 th SEPTEMBER	TUESDAY 15 th SEPTEMBER	WEDNESDAY 16 th SEPTEMBER	THURSDAY 17 th SEPTEMBER	FRIDAY 18 th SEPTEMBER
SNACKS (Breakfast)	Vegetable Idli (260 Kcal)	Pao Bhaji (270 Kcal)	Paneer Sandwich (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)	Masoor Dal (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)	Mix Veg. (80 Kcal)	Jeera Aloo Sabzi (70 Kcal)	Aloo Gobi (80 Kcal)
Salad	Green Salad (40 Kcal)	Cucumber Salad (40 Kcal)	Tomato Onion 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-4

CATEGORY	MONDAY 21 st SEPTEMBER	TUESDAY 22 nd SEPTEMBER	WEDNESDAY 23 rd SEPTEMBER	THURSDAY 24 th SEPTEMBER	FRIDAY 25 th SEPTEMBER
SNACKS (Breakfast)	Vegetable Poha (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 (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)

Buffet Cycle Menu (SEPTEMBER' 2026)
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Week-5

CATEGORY	MONDAY 28 th SEPTEMBER	TUESDAY 29 th SEPTEMBER	WEDNESDAY 30 th SEPTEMBER
SNACKS (Breakfast)	Corn Vegetable Sandwich (260 Kcal)	Poha (270 Kcal)	Masala Oats (250 Kcal)
Fruits	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)
Lunch– Indian	Dal Tadka (200 Kcal)	Chana Dal (230 Kcal)	Rajma Curry (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)
Vegetable	Mixed Veg. (80 Kcal)	Lauki Sabzi (60 Kcal)	Aloo Soya Peas Sabzi (60 Kcal)
Salad	Green Salad (40 Kcal)	Cucumber Carrot Salad (40 Kcal)	Onion Salad (40 Kcal)
Desserts	--	--	Sooji Halwa (100 Kcal)