

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH SEPTEMBER (01.09.2025 TO 20.09.2025)

SI.NO	DATE	BREAKFAST	LUNCH	SNACKS
1	1.09.2025	Chapathi & mix Veg kurma	Chopped Salad,Roti,Plain Rice,Tamarind rice,Okra tomato curry,tomato dal,Rasam,curd,papad,Cut fruit	Punugulu & juice
2	2.09.2025	Mysore bonda & Chutney	Potato White Gram Salad,Roti,Plain Rice,Veg Mixed Rice,Sorakay tomato curry,Sambar,chutney,Cucumber Raita,fryums,Semiya Kheer	Bread jam & butter milkshake
3	3.09.2025	Masala dosa & Chutney	Green Salad, Roti,Plain Rice,Tomato rice,Mealmaker tomato curry,moong dal,Rasam,Curd,papad,Cut fruit	Pop corn & juice
4	4.09.2025	Idly & sambar Chutney	Cucumber Salad, Roti,Plain Rice,Cocount rice,Beans- Broad & aloo tomato curry, Sambar,chutney,Curd,fryums,Sweet pongal	pav bhaji & flavoured milk
5	6.09.2025	poori & Chole curry	Beetroot Salad,Roti,Plain Rice,jeera rice,Rajma masala curry,Spinach dal,Rasam,Curd,papad,Cut fruit	bhel puri & juice
6	8.09.2025	Tomato bath & Peanut chutney	Sprouts salad,Roti,Plain Rice,Veg Biryani,paneer butter masala curry,Sambar,chutney,Curd,Fryums,fruit custard	Corn flakes & flavoured milk
7	9.09.2025	Onion uttappam & chutney	Cucumber salad,Roti,Plain Rice,Corn rice,Ridge Gourd tomato curry,Drumstick dal,Rasam,Curd,papad,cut fruit	Spring roll & juice
8	10.09.2025	Methi paratha & mix veg curry	Beetroot Salad,Roti,Plain Rice,Curd rice,Ivy gourd dum,Sambar,chutney,Curd,fryums,Gulab jamun	Bread jam & butter & milkshake
9	11.09.2025	Vada & sambar,chutney	Green salad,Roti, plain rice,Mint rice,Carrot poriyal dum,Bottle gourd dal,Rasam,Curd,papad,Cut fruit	Aloo chat & juice
10	12.09.2025	semiya bath & tomato chutney	Cucumber salad, Fried Rice,Plain Rice,Noodles,tomato Soup,manchurian,sambar,chutney,Curd,Fryums,shahi toast	Biscuit & flavoured milk
11	15.09.2025	Idly & sambar Chutney	Beetroot Salad,Roti, Plain Rice,lemon rice,Gobi & aloo Masala curry,yellow cucumber dal,Rasam,Curd,papad cut fruit	Onion pakodi & juice
12	16.09.2025	poori & Aloo besan	Cucumber Salad,Roti,Plain Rice,Carrot rice,Capsicum tomato curry,Sambar,chutney,Curd,fryums,pine apple rava kesari	Sweet corn & flavoured milk
13	17.09.2025	Onion uttappam & chutney	Potato white gram Salad,Roti,Plain Rice,Veg pulav, Tomato ka salan,Dal tadka,Rasam,Curd,papad,Cut fruit	Sprouts chat & juice
14	18.09.2025	Mysore bonda & Chutney	Green Salad,Roti,Plain Rice,Roselle plant rice, Aloo green peas tomato curry,Sambar,chutney,Curd, Fryums,Bread Halwa	Corn flakes & flavoured milk
15	19.09.2025	Aloo paratha & Mix veg kurma	Shredded Salad,Roti,Plain Rice, Bissi bella bath,Okra peanut fry,Tomato dal,Rasam,Curd,papad,cut fruit	pop corn & juice
16	20.09.2025	Idly & sambar Chutney	Carrot Salad,Roti Plain Rice,Bargara rice,Brinjal masala Curry,Sambar,chutney,Curd,fryums,Semiya kheer	Bread jam & butter & flavoured milk

Joshna
Canteen Supervisor

[Signature]
Principal