

INDUS UNIVERSAL SCHOOL SAINIKPURI, SEC-BAD

MENU FOR THE MONTH SEPTEMBER (01.09.2026 TO 30.09.2026)

DATE	BREAKFAST	LUNCH	SNACKS
1.09.2026	Mysore bonda & chutney	protein Salad,Roti,plain rice,Bagara rice, Brinjal masala curry,Sambar,Chutney,curd, papad,Semiya kheer	Boiled Sweet corn & Flavoured milk
2.09.2026	paneer dosa & chutney	Cucumber Salad,Roti,Plain rice,Cocount rice,Corn palak Curry, Tomato dal,Rasam,Curd,Fryums,Cut Fruit	Onion pakodi & juice
3.09.2026	Idly & Sambar Chutney	Sprouts Salad,Roti,plain rice,Tamarind rice,Capsicum tomato curry,Sambar,Chutney,Curd,Papad,Bread halwa	Bread jam & butter Flavoured milk
5.09.2026	Vada & Sambar Chutney	Green Salad, Roti,Plain Rice,Corn rice,Beans tomato curry,Spinach dal,Rasam,Curd,Fryums,Cut fruit	Aloo bhaji & juice
7.09.2026	Semiya bath & tomato chutney	Cucumber Salad,Roti,Plain Rice,Carrot rice,Okra tomato curry, Sambar,Chutney,Curd,papad,Fruit custard	Cornflakes & Milkshake
8.09.2026	Onion uttappam & chutney	Russian Salad,Roti,Plain Rice,Mint rice,Bottle gourd curry,Tomato dal,Rasam,Curd,Fryums,Cut fruit	Bhel puri & juice
9.09.2026	Tomato bath & tomato chutney	Cucumber Salad,Roti,Plain rice,Mix Veg rice,Beetroot dum Sambar,Chutney,Curd,Papad,Gulab jamun	Chitti vada & Flavoured milk
10.09.2026	Methi paratha & Veg Kurma	Sprouts Salad,Roti,Plain Rice,Tomato rice,Beans & carrot poriyal,Drumstick dal,Rasam,Curd,Fryums,Cut fruit	Aloo chat & juice
11.09.2026	Masala dosa & chutney	Beetroot Salad,Roti,Plain Rice,Curd rice,ivy gourd dum,Sambar, Chutney,Curd,Papad,Boondi laddu	punugulu & Milkshake
15.09.2026	Idly & Sambar Chutney	Green salad, Roti,plain rice,peas rice,Aloo kurma curry,Bottle gourd dal,Rasam,Curd,Fryums,Cut fruit	Veg Bullets & juice
16.09.2026	poori & Aloo kurma	Cucumber Salad,Roti,Plain Rice,Veg biryani,Paneer butter masala curry,Sambar,Chutney,Curd,papad,Choclote burfi	Bread jam & butter & flavoured milk
17.09.2026	Onion dosa & chutney	Potato white gram,Salad,Roti,Plain Rice,lemon rice,Brinjal tomato curry,Thotakura Spinach dal,Rasam,Curd,fryums,Cut fruit	Spring roll & juice
18.09.2026	Mysore bonda & chutney	Cucumber Salad, Roti, Plain Rice,Carrot rice,Sorakaya tomato curry,Sambar,Chutney,Curd,papad,Sweet pongal	popcorn & Milkshake
19.09.2026	Semiya bath & tomato chutney	Green salad, Fried Rice,Plain Rice,Noodles,tomato Soup, Manchuria,Malabar Spinach dal,Rasam,Curd,Fryums,Cut fruit	Bhel puri & juice
21.09.2026	Set dosa & chutney	potato white gram Salad,Plain rice,Roti,paneer rice,Mirchi ka Salan Masala curry,Sambar,Chutney,Curd,papad,Pineapple rava kesari	Boiled sweetcorn & Flavoured milk
22.09.2026	Idly & Sambar Chutney	Shredded Salad,Roti,Plain Rice,plain Bissi bella bath,Okra peanut Fry,Tomato dal,Rasam,Curd,Fryums,Cut fruit	kabuli chana Roasted & juice
23.09.2026	Aloo paratha & mix veg curry	Carrot Salad,Roti,Plain Rice,Veg rice,Veg koftha Curry,Sambar,Chutney,Curd,papad,Shahi toast	Manchuria dry & Flavoured milk
24.9.2026	Onion uttappam & chutney	Sprouts Salad,Roti,Plain Rice,Jeera rice,Rajma masala curry,Drumstick dal,Rasam,Curd,fryums,Cut fruit	Aloo chat & juice
25.9.2026	Vada & Sambar Chutney	Green Salad,Roti,Plain Rice,Cocount Rice,Ridged gourd Soya kheema tomato curry,Sambar,Chutney,Curd,papad,Sesame laddu	Boiled peanuts & Flavoured milk
26.9.2026	Idly & Sambar Chutney	Potato White Gram,Roti,Plain Rice,Tomato rice,Dahi aloo Curry,Moong dal,Rasam,Curd,Fryums,Cut fruit	Masala vada & juice
28.09.2026	Masala dosa & chutney	Protein Salad,Roti,Plain rice,Corn rice,Bendi do pyaza, tomato Curry,Sambar,Chutney,Curd,papad,Ice-cream	popcorn & Flavoured milk
29.09.2026	poori & chole	Cucumber Salad, Roti,Plain Rice,Roselle plant rice,Gobi aloo tomato curry,Bottle gourd dal,Rasam,Curd,Fryums,Cut fruit	Bhel puri & juice
30.09.2026	Tomato bath & tomato chutney	Cucumber Salad,Roti,Plain Rice,Veg rice,Raw Banana Masala curry,Sambar,Chutney,Curd,papad,Semiya kheer	Cornflakes & Milkshake

Joshma
Canteen Supervisor



Principal

21/8/2026