

February

2025

Vegetarian only

Lunch Menu

- Served in Bentos lunch boxes only
- Includes 4 food groups- Veggies/fruits, Dairy, Carbohydrates, Protein everyday.
- Kindly return washed, dried Bentos boxes to school everyday.
- Permanent labels on boxes are requested.
- Milk may be served 30 mins after lunch or just before naptime.
- Meals are mostly organic, fresh and cooked onsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Idli Sambhar Rice Milk Fruit	4 Spinach Pasta in red sauce Cheese	5 Matar paneer Rice Chapati	6 Veg Thai curry with rice Tofu Milk	7 Veg Moong Khichdi Milk	8
9	10 Idli Sambhar Rice Milk fruit	11 Cheese and Veg Sandwich Fruit Milk	12 Shahi Paneer Rice Chapati	13 Lentils and rice with salad, yoghurt	14 Quiona lentils, rice Khichdi	15
16	17	18 Veg Vermicelli Fruit Yoghurt	19 Paneer Makhani Rice	20 Veg Pulao Yoghurt	21 Lentil, opo, rice khichdi	22
23	24 Cilantro rice with sambhar, yoghurt, fruit	25 Veg schezuan Noodles Fruit Milk	26 Malai Paneer Rice Naan	27 Pesto Pasta Cucumber Milk	28 Carrot lentil and rice, yoghurt	