

# February 2026

## 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
1	2 Sambhar Idli Rice Yoghurt	3 Red sauce Pasta Cucumber Milk	4 Matar Paneer Chapati Rice Yoghurt	5 Channa masala Rice yoghurt	6 Vermicelli (tapioca khichdi) Yoghurt	7
8	9 Sambhar Dosa Rice Yoghurt	10 Veg noodles w Carrots Banana toast w Nutella Milk	11 Matar Paneer Chapati Rice Yoghurt	12 Lentil rice Cucumber Yoghurt	13 Quiona porridge with rice and lentil Yoghurt	14
15	16 President's day School Off	17 Red sauce pasta Cucumber Milk	18 Paneer Makhani Naan Yoghurt	19 Black lentils Rice Yoghurt Carrot	20 Brown rice (porridge)khichdi Yogurt	21
22	23 Sambhar Rice Yoghurt Idly	24 Pesto pasta Milk Fruits	25 Malai paneer, Rice Chapati Yoghurt	26 Tour lentil Rice and yoghurt Cucumber	27 Lentil rice with carrot Yoghurt	28
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