

September Lunch Menu 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lentils, rice and yoghurt, cucumber	2 Pasta with veggies, milk, fruit, yoghurt	3 Malai paneer, naan, rice, yoghurt	4 Holiday (labor Day)	5
6	7 HOLIDAY (Labor day)	8 Sambhar, rice Yoghurt, tomatoes	9 Multigrain puri, potato curry, rice, yoghurt	10 Paneer Chapatti, rice Yoghurt	11 Lentils, rice, Yoghurt, cucumber	12
13	14 Cheese pasta with veggies, milk, fruit, yoghurt	15 Veg korma, rice, chapati, yoghurt	16 Cheese sandwich, Steamed carrots, Fried rice	17 Lentils, rice, steamed carrots, yoghurt	18 Idli, sambar, rice, milk & fruit, yoghurt	19
20	21 Red noodles, Rice and green lentil soup	22 lentil, chappati, rice , yoghurt	23 Quiona dosa Sambhar Rice and yoghurt	24 Lentils, rice, cucumber, yoghurt	25 Kadhai paneer, naan, rice, yoghurt	26
27	28 Lentils, rice, broccoli, yoghurt	29 Malai paneer, rice, chapati, yoghurt	30 Shell pasta with shredded cheese, apple			