



Food Menu

October 2026



Week 1 (Dates: 28th Sept – 2nd Oct)

	Monday 28 th Sept '26	Tuesday 29 th Sept '26	Wednesday 30 th Sept '26	Thursday 01 st Oct '26	Friday 02 nd Oct '26
Breakfast 1 🔍					
Breakfast 2 🥣					
Tomato Lunch		Russian Theme		Maharashtrian Theme	
Salad Bar 🥗	Diced Cucumber, Tomato, Carrots, Beetroot				
	Stick Salad /Sprouts Salad	Canadian Salad/Greek Salad	Chef Salad /Lentil Salad	Kachumber Salad/ Tossed Salad	
Soup 🍲	Lemon & Coriander Soup	Canadian Cheese Soup			
Themed Lunch	Meatless Monday Pasta with Tomato Sauce Tossed Vegetable	Smothered Chicken Vegetable Pot Pie Filling (Veg) – Thick vegetable gravy. Vegetable Stir-Fry	Jerk Chicken Mac N Cheese Grilled Vegetable	Chicken Kolhapuri Baked Vegetable Steam Vegetables	HOLIDAY
Plain Rice Indian Lunch 🍛	Paneer Matar Dal Tadka Steam Rice Chapati	Aloo Bhindi Dal Fry Steam Rice Chapati	Tawa Vegetable Dal Makhani Vegetable Pulav Chapati	Maharashtrian Theme Pithala Bharali Wangi- (Stuffed Brinjal) Varan Steam Rice Chapati/Bhakri	
Desserts 🍰	Chocolate Mousse		Apple Pie		
Fruits 🍏 - Cut fruits					
Accompaniments 🥛 - Papad/Pickle/Raita					

Week 2 (Dates: 05 th Oct - 09 th Oct)					
	Monday 05 th Oct ‘26	Tuesday 06 th Oct ‘26	Wednesday 07 th Oct ‘26	Thursday 08 th Oct ‘26	Friday 09 th Oct ‘26
Breakfast 1 🔍					
Breakfast 2 🥣					
Lunch		Spanish Theme		Rajasthani Theme	
Salad Bar 🥗	Diced Cucumber, Tomato, Carrots, Beetroot				
	Papdi Chat Salad/Kites Salad	Ensalada De Escalivada(Roasted Vegetable Salad)/ Bell Pepper	Classic Lentil Salad /Stick Salad	Toss Salad/ Corn Salad	Stick Salad / Tofu Salad
Soup 🍲	Cold Watermelon Soup	Lime Water			
Themed Lunch	Meatless Monday Veg Subway Burger Tossed Vegetable	Pollo al Ajillo (Garlic Chicken) Pisto Manchego (Spanish Ratatouille) Verduras Asadas Corn Romesco (Roasted Vegetable)	Chicken Makhan Vala Corn & Spinach Cannelloni Grilled Vegetable	Roast Chicken with Garlic Sauce Veg Caponata Tossed Vegetables	Beetroot Roti with Chicken Roll Beetroot Roti with Vegetable Roll Steam Vegetables
Indian Lunch 🍛	Veg Diwani Handi Dal Triveni Steam Rice Chapati	Beans Foogath Dal Tadka Steam Rice Chapati	Gobi Homestyle Dal Plain Steam Rice Chapati	Dahi Bhindi Corn Methi Pulav Chapatti	Dahi Wada Paneer Reshmi Tikka Masala Dal Bukhara Vegetable Pulao Chapati
Desserts 🍰	Biscuit Cake		Assorted Doughnuts		Ice Cream
Fruits 🍏 - Cut fruits					
Accompaniments 🥛 - Papad/Pickle/Raita					

	Monday 12 th Oct ‘26	Tuesday 13 th Oct ‘26	Wednesday 14 th Oct ‘26	Thursday 15 th Oct ‘26	Friday 16 th Oct ‘26
Breakfast 1 🕒					
Breakfast 2 🥣					
Lunch		Canada Theme			
Salad Bar 🥗	Diced Cucumber, Tomato, Carrots, Beetroot				
	Sprouts Salad / Green Garden Salad	Canadian Salad/Greek Salad	Tofu Salad /Ribbon Salad	Onion & Lemon Salad/Corn Salad	
Soup 🍲		Watermelon Juice			
Themed Lunch	Meatless Monday Paneer Popcorn & Vegetable Roll Grilled Vegetable	Smothered Chicken Vegetable Pot Pie Filling (Veg) – Thick vegetable gravy. Vegetable Stir-Fry	Chicken Butter Masala Baked Vegetable Grilled Veg	Chicken Burger Veg Burger Tossed Vegetable	HOLIDAY
Indian Lunch 🍛	Veg Vindaloo Dal Tadka Steam Rice Chapati	Turai Homestyle Dal Fry Steam Rice Chapati	Aloo Methi Dal Lasooni Steam Rice Chapati	Paneer Tawa Masala Papdi Chat Dal Tadka Vegetable Biryani Chapatti	
Desserts 🍰	Oats Cookies		Apple Straddle	Ice Cream	
Fruits 🍏 - Cut fruits					
Accompaniments 🥛 - Papad/Pickle/Raita					

Week 3 (Dates: 19th Oct – 23rd Oct)

	Monday 19 th Oct ‘26	Tuesday 20 th Oct ‘26	Wednesday 21 st Oct ‘26	Thursday 22 nd Oct ‘26	Friday 23 rd Oct ‘26
Breakfast 1 🍳					
Breakfast 2 🥣					
Lunch				South Indian Theme	
Salad Bar 🥗	Diced Cucumber, Tomato, Carrots, Beetroot				
			Tofu Salad /Ribbon Salad	Tomato & Basil Salad/Corn Salad	Tomato & Basil Salad/Corn Salad
Soup 🍲					
Themed Lunch	HOLIDAY	HOLIDAY	Chicken Butter Masala Baked Vegetable Grilled Veg	Chettinad Chicken Curry Corn & Spinach Cannelloni Steam Vegetable	Chicken Kati Roll Vegetable Kati Roll Steam Vegetables
Indian Lunch 🍛			Aloo Gobi Capsicum Dal Lasooni Steam Rice Chapati	Rassam Beans Poriyal Masoor Dal Lemon Rice/Steam Rice Chapati	Dahi Wada Paneer Reshmi Tikka Masala Dal Bukhara Vegetable Pulao Chapati
Desserts 🍰			Assorted Doughnuts		
Fruits 🍏 - Cut fruits					
Accompaniments 🥛 - Papad/Pickle/Raita					