Buffet Cycle Menu (NOVEMBER' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-1

CATEGORY	MONDAY 2nd NOVEMBER	TUESDAY 3rd NOVEMBER	WEDNESDAY 4th NOVEMBER	THURSDAY 5th NOVEMBER	FRIDAY 6th NOVEMBER
SNACKS (Breakfast)	Rava Vegetable Upma (260 Kcal)	Vegetable Poha (260 Kcal)	Veg. Sandwich (270 Kcal)	Vegetable Chilla (270 Kcal)	Stuffed Vegetable Sandwich (270 Kcal)
Fruits	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)
Soup/Curd	Curd (100 Kcal)	Tomato Soup (70 Kcal)	Spinach Soup (90 Kcal)	Sweet Corn Soup (90 Kcal)	Curd (70 Kcal)
Lunch– Indian	Chole Curry (200 Kcal)	Dal Fry (200 Kcal)	Rajma Curry (200 Kcal)	Matar Paneer Curry (220 Kcal)	Palak Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) & Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Carrot Capsicum Aloo Sabzi (60 Kcal)	Achari Aloo Brinjal Sabzi (70 Kcal)	Cabbage Peas (70 Kcal)	Aloo Beans Sabzi (70 Kcal)	Methi Aloo (60 Kcal)
Salad	Sprout Salad (40 Kcal)	Carrot salad (40 Kcal)	Green Salad (40 Kcal)	Beetroot Raddish Carrot Salad (40 Kcal)	Tomato Salad (40 Kcal)
Desserts	--	--	Fruit Yogurt (90 Kcal)	--	Sooji Halwa (100 Kcal)

Buffet Cycle Menu (NOVEMBER' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-2

CATEGORY	THURSDAY 12th NOVEMBER	FRIDAY 13th NOVEMBER
SNACKS (Breakfast)	Pao Bhaji (270 Kcal)	Vegetable Uttapam (270 Kcal)
Fruits	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)
Soup/Curd	Spinach Soup (90 Kcal)	Curd (70 Kcal)
Lunch– Indian	Methi Paneer (220 Kcal)	Lobia Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Jeera Aloo Sabzi (70 Kcal)	Cabbage Peas Sabzi (70 Kcal)
Salad	Sprout Salad (40 Kcal)	Carrot Salad (40 Kcal)
Desserts	--	Pineapple Curd (100 Kcal)

Buffet Cycle Menu (NOVEMBER' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-3

CATEGORY	MONDAY 16th NOVEMBER	TUESDAY 17th NOVEMBER	WEDNESDAY 18th NOVEMBER	THURSDAY 19th NOVEMBER	FRIDAY 20th NOVEMBER
SNACKS (Breakfast)	Vegetable Poha (260 Kcal)	Moong Dal Chilla + Mint Chutney (270 Kcal)	Vegetable Upma (260 Kcal)	Paneer Sandwich (280 Kcal)	Vegetable Idli + Sambar (270 Kcal)
Fruits	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)	Seasonal Fruit (60 Kcal)
Soup/Curd	Curd (70 Kcal)	Tomato Vegetable Soup (100 Kcal)	Spinach Soup (90 Kcal)	Lentil Soup (100 Kcal)	Curd (70 Kcal)
Lunch– Indian	Chole Masala (200 Kcal)	Rajma Curry (200 Kcal)	Dal Makhni Light (200 Kcal)	Kadhi Pakoda (200 Kcal)	Palak Paneer (220 Kcal)
Accompaniments	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Bhindi Masala (70 Kcal)	Vegetables Stir Fry (70 Kcal)	Cabbage Peas Sabzi (70 Kcal)	Aloo Beans Sabzi (70 Kcal)	Pumpkin Sabzi (60 Kcal)
Salad	Cucumber Salad (40 Kcal)	Carrot Salad (40 Kcal)	Beetroot Salad (40 Kcal)	Tomato Onion Salad (40 Kcal)	Sprout Salad (40 Kcal)
Desserts	--	--	Fruit Yogurt (90 Kcal)	--	Rice Kheer (100 Kcal)

Buffet Cycle Menu (NOVEMBER' 2026)
Approx Total Daily Calories at School : 800 – 900 Kcal
Week-4

CATEGORY	MONDAY 23rd NOVEMBER	WEDNESDAY 25th NOVEMBER	THURSDAY 26th NOVEMBER	FRIDAY 27th NOVEMBER	MONDAY 30th NOVEMBER
SNACKS (Breakfast)	Corn Vegetable Sandwich (260 Kcal)	Veg. Poha (270 Kcal)	Masala Oats (250 Kcal)	Vegetable Uttapam (270 Kcal)	Paneer Puff (260 Kcal)
Fruits	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)	Seasonal Fruits (60 Kcal)
Soup/Curd	Curd (70 Kcal)	Spinach Soup (90 Kcal)	Tomato Basil Soup (100 Kcal)	Curd (70 Kcal)	Lentil Soup (100 Kcal)
Lunch– Indian	Dal Tadka (200 Kcal)	Chana Dal (230 Kcal)	Rajma Curry (200 Kcal)	Mix Dal (200 Kcal)	Masoor Dal (200 Kcal)
Accompaniments	1 Roti (110 Kcal) and Jeera Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)	1 Roti (110 Kcal) and Steamed Rice (180 Kcal)
Vegetable	Mixed Veg. (80 Kcal)	Lauki Sabzi (60 Kcal)	Aloo Soya Peas Sabzi (60 Kcal)	Beans Carrot Sabzi (70 Kcal)	Aloo Gobi Sabzi (70 Kcal)
Salad	Green Salad (40 Kcal)	Cucumber Carrot Salad (40 Kcal)	Onion Salad (40 Kcal)	Beetroot, Raddish, Carrot Salad (40 Kcal)	Sprout salad (40 Kcal)
Desserts	--	--	Sooji Halwa (100 Kcal)	--	Rice Pudding (100 Kcal)