

Meal plan for Senior Wing for July 2026

GOOD FATS vs. BAD FATS



| Date | Mid-morning Snack | Lunch (chapatti, rice and salad in daily menu besides menu given below) | Evening Refreshment |
|----------|--|---|---------------------|
| 01.07.26 | Vegetable Poha | Kadhi, aloo methi, papad | Biscuit |
| 02.07.26 | Matarra kulcha | Arhaar dal, ghia kofta, aloo raita | Savoury snack |
| 03.07.26 | Pav Bhaji | Rajmah, aloo bean, vegetable raita | Fruit |
| 04.07.26 | Black Channa chaat | Mixed dal, bhindi, custard | Biscuit |
| 06.07.26 | Sandwiches | Aloo subji, spinach poori, pulao, bhoondi raita | Savoury snack |
| 07.07.26 | Vegetable sprout corn chaat | Vegetable noodles, vegetable Manchurian, moong malka, chapatti, zeera aloo, zeera rice, salad | Fruit |
| 08.07.26 | Stuffed parantha with pickle (class 6 th - 8 th) +Dal Kachori & aloo subji (class 9 th -12 th) | Urad channa, mixed vegetable, cucumber raita | Biscuit |
| 09.07.26 | Stuffed parantha with pickle (class 9 th - 12 th) +Dal Kachori & aloo subji (class 6 th -8 th) | Kabuli channa, aloo bean, rice kheer | Savoury snack |
| 10.07.26 | Vegetable Macaroni | Moong sabut, dum aloo, vegetable raita | Fruit |
| 13.07.26 | Bread Pakora | Palak paneer, Urad dal curry | Biscuit |
| 14.07.26 | Idli sambar (class 6 th – 8 th) Matarra kulcha (class 9 th - 12 th) | Channa dal, bhindi, aloo raita, | Savoury snack |
| 15.07.26 | Idli sambar (class 9 th – 12 th) & Matarra kulcha (class 6 th - 8 th) | Urad rajmah, aloo bean, bhoondi raita | Fruit |
| 16.07.26 | Vada Pav | Black channa, ghia kofta, vegetable raita | Biscuit |

