



**VISHWASHANTI
GURUKUL
WORLD SCHOOL**



VGWS REFECTORY MENU



**31TH AUGUST TO
6TH SEPTEMBER
2026**





MONDAY MENU

31-08-2026



BREAKFAST

DRY FRUITS AND NUTS
INDIAN
CONTINENTAL
B/B/JAM
CEREAL
DRINK
MILK
TEA/COFFEE
FRUITS

ALMOND, APRICOT, RAISIN
BATAT POHA/ RASSAM
CHEESE SLICE S/W
BREAD, BUTTER, JAM
CHOCOS
BOOST
MILK HOT & COLD
TEA, COFFEE, BLACK TEA
APPLE



MORNING
SNACKS

SNACKS
SNACKS
DRINKS

EYP PYP
MYP DP
EYP PYP MYP DP

FRUIT S/W
MIX HERB WHEAT WRAP
SWEET LIME JUICE

LUNCH



PULSES
GRAVY
DRY
BREAD
APC
RICE
DRINKS
CURD RECIPE
SALAD 3 TYPES
DESSERTS

DAL MAKHANI
MATAR PANEER
MIX VEGETABLE
BTR GAR. NAN/CHAPT
PAPAD/THECHA/CORIANDER CHUTNEY
VEG SOYA BIRYANI/STEAM RICE
LYCHEE JUICE
BOONDI RAITA
FRIED POTATO SALAD, GREEN SALAD, CEASER SALAD
STRAWBERRY YOGHURT



EVENINGS
NACKS

SNACKS
DRINKS

PIZZA
ICE TEA

DINNER

SOUP
PULSES
GRAVY
DRY VEG
ASIAN
STAPLE
RICE
BREAD
DESSERT
SALAD
APC
BROCCOLI SOUP
TOOR DAL TADKA
GATTA CURRY MASALA
BHINDI DO PYAZA
SOYA CHILLI DRY
EXOTIC SAUTE VEGGIES WITH HERBS
MIX VEG KHICADI/ST. RICE
GHEE PHULA/CHAPT
DRY FRUIT SHEERA
GREEN SALAD, PAPADI SALAD, JULLINE SALAD
FRIED GREEN CHILLI, ONION, LIME
ONION/LIME





TUESDAY MENU

01-09-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN
INDIAN	PLAIN AND SAUTED IDLI/ SAMBAR
CONTINENTAL	GRILLED CHEESE S/W
B/B/JAM	BREAD, BUTTER, JAM
CEREAL	HONEYFLAKES
DRINK	CHOCOLATE HORLICKS
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE, BLACK TEA
FRUITS	PEARS



MORNING
SNACKS

SNACKS	EYP PYP	GREEN PEAS POHA
SNACKS	MYP DP	POTATO PUFF
DRINKS	EYP PYP MYP DP	WATER MELON JUICE



LUNCH

PULSES	PUNJABI KADI PAKODA
GRAVY	JEERA MASALA ALOO
DRY	KADHAI MUSHROOM
BREAD	CHAPATI/PHULKA
APC	WET GARLIC CHUTNEY/KPTHIMBIR WADI
RICE	KASHMIRI PULAO/STEAM RICE
DRINKS	CHASS
CURD RECIPE	MIX VEG RAITA
SALAD 3 TYPES	GREEN SALAD, FRUITS SALAD, TADKA PASTA SALAD
DESSERTS	SWEET PEDHA



EVENINGS NACKS

SNACKS	MAGGI
DRINKS	COLD COFFEE

DINNER

SOUP	MOCKTAIL
PULSES	WHOLE MASOOR DAL BLACK
GRAVY	SOYA CHAP MAKHANI
DRY VEG	DRY ALOO MUTTER
ASIAN	VEG MACHURUAN GRAVY
STAPLE	PASTA IN TOMATO BASIL SAUCE
RICE	STEAM RICE/VEG FRIED RICE
BREAD	CHAPATI/PHULKA
DESSERT	MOTICHOOR LADDUO
SALAD	LACHHA ONION, ICE BERGSALAD, GREEN SALAD
APC	SCHZWAN CHUTNEY
	ONION/LIME





WEDNESDAY MENU

02-09-2026



BREAKFAST

DRY FRUITS AND NUTS	PANEER PARATHA/CHUTNEY
INDIAN	CHUTNEY S/W
CONTINENTAL	BREAD, BUTTER, JAM
B/B/JAM	STRAWBERRY FLAKES
CEREAL	DRINKING CHOCOLATE
DRINK	MILK HOT & COLD
MILK	TEA, COFFEE
TEA/COFFEE	BLACK TEA
FRUITS	MIX FRUIT



MORNING
SNACKS

SNACKS	EYP PYP	FRUIT CAKE
SNACKS	MYP DP	CHEESE CHILLI BEAN ROLL
DRINKS	EYP PYP MYP DP	ORANGE TANG

LUNCH

PULSES	DAL LASOONI
GRAVY	KARELA MASALA DRY
DRY	BHUNA VEG
BREAD	CHAPATI/GHEE PHULKA
APC	FRIED PAPAD / WET GARLIC SOS
RICE	MASALA BHAT/STEAM RICE
DRINKS	DRY FRUIT LASSI
CURD RECIPE	PLAIN CURD
SALAD 3 TYPES	GREEN SALAD, BOILED SPROUTED PROTEIN
DESSERTS	SALAD, MEDETERIAN SALAD
	EMARTI RABDI



EVENINGS NACKS

SNACKS	SPINACH FRITTER
DRINKS	LEMON WATER



DINNER

SOUP	HOT N SOUR VEG
PULSES	YELLOW CHANA DAL
GRAVY	DAHI ARBI
DRY VEG	GREEN PEAS MASALA
ASIAN	BREAD PIZZA
STAPLE	VEG SINGAPOORI NOODLES
RICE	JEERA/STEAM RICE
BREAD	GHEE CHAPATI/CHAPATI
DESSERT	BALUSHAI
SALAD	GREEN SALAD, BEETROOT SALAD, KACHUMBER SALAD
APC	FRIED GREEN CHILLI, ONION, LIME
	ONION/LIME





THURSDAY MENU

03-09-2026



BREAKFAST

DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN
INDIAN	SAGO KICHADI
CONTINENTAL	NUTELLA S/W
B/B/JAM	BREAD, BUTTER, JAM
CEREAL	HONEY ALMOND FLAKES
DRINK	BOURNVITA
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE, BLACK TEA
FRUITS	PINEAPPLE



SNACKS	EYP PYP	SAMOSA
SNACKS	MYP DP	SAMOSA
DRINKS	EYP PYP MYP DP	LYCHEE JUICE



LUNCH



PULSES	KASHMIRI RAJMA CURRY
GRAVY	VEG MAKKHANWALA
DRY	BHINDI MASALA
BREAD	CHAPATI/GHEE CHAPATI
APC	ALOO WADI/DRY PEANUT CHUTNEY
RICE	CORIANDER RICE/STEAM RICE
DRINKS	ORANGE TANG
CURD RECIPE	DAHI WADA
SALAD 3 TYPES	QUINA SALD , GREEN SALAD, SALSA SALAD
DESSERTS	BLACK FOREST PUDDING

EVENINGS NACKS

SNACKS	SUBWAY S/W
DRINKS	BANANA SHAKE



DINNER

SOUP	WONTON SOUP
PULSES	DAL PANCHARATAN
GRAVY	VEG KOHLAPURI
DRY VEG	WANGI MASALA
ASIAN	GRILLED VEG AUGRATINE
STAPLE	TOFU CHILI DRY/SCZ SOS
RICE	VEG HYDERABADI BIRYANI/STEAM RICE
BREAD	BHAKARI / CHAPATI
DESSERT	CARAMEL CUSTARD
SALAD	GREEN SALAD, PAPAD SALAD, SPROUT SALAD
APC	SCHZWAN CHUTNEY
	ONION/LIME





FRIDAY MENU

04-09-2026



BREAKFAST

DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN
INDIAN	MIX VEG THEPLA /BATATA BHAJI DRY
CONTINENTAL	BOMBAY S/W
B/B/JAM	BREAD, BUTTER, JAM
CEREAL	CHOCOS
DRINK	DRINKING CHOCOLATE
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE, BLACK TEA
FRUITS	WATER MELON



SNACKS	EYP PYP	ALOO BONDA CHUTNEY
SNACKS	MYP DP	ALOO BONDA CHUTNEY
DRINKS	EYP PYP MYP DP	MANGO PANHA



LUNCH



PULSES	CHOLE CURRY
GRAVY	PANEER LABABADAR
DRY	VEG JHALFARZI
BREAD	POORI/CHAPATI
APC	MIRCHI VADA/CORIANDER CHUTNEY
RICE	CURD RICE/STEAM RICE
DRINKS	CHASS
CURD RECIPE	PINEAPPLE RAITA
SALAD 3 TYPES	GREEN SALAD, PAPADI CHAT, PASTA SLAAD
DESSERTS	GULAB JAMUN

EVENINGS NACKS

SNACKS	GOLI BHAJI/CHUTNEY
DRINKS	KIWI JUICE



DINNER

SOUP	MOCKTAIL
PULSES	MIX DAL FRY
GRAVY	PANI POORI - LIVE
DRY VEG	BHEL
ASIAN	STEET STYLE NOODLES
STAPLE	VEG DIMSUM
RICE	STEAM RICE/MASALA BHAT
BREAD	KACHHI DABELI /CHAPATI
DESSERT	FRUIT TRUFFLE
SALAD	GREEN SALAD, CHILY MACRONI, ONION RING SALAD
APC	MINT CHUTNEY
	ONION/LIME





SATURDAY MENU

05-09-2026



BREAKFAST

DRY FRUITS AND NUTS	ALMOND, DATES, RAISIN
INDIAN	ONION TOMATO UTTAPAM/ SAMBHAR
CONTINENTAL	PAN CAKE WITH HONEY
B/B/JAM	BREAD BUTTER, JAM
CEREAL	MUSILLIE
DRINK	DRINKING CHOCOLATE
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE, BLACK TEA
FRUITS	PAPAYA



SNACKS	EYP PYP	
SNACKS	MYP DP	SCZ.IDLI
DRINKS	EYP PYP MYP DP	MIX FRUIT JUICE

LUNCH



PULSES	DAL AMRITSARI
GRAVY	VEG MAKHANI
DRY	PASTA WITH CHEESE SAUCE
BREAD	PHULKA/GHEE PHULKA
APC	GREEN CHUTNEY/PAPAD
RICE	HERB CORN RICE/STEAM RICE
DRINKS	FRUIT PUNCH
CURD RECIPE	BOONDI RAITA
SALAD 3 TYPES	GREEN SALAD, CEASER SALAD, SPROUTED SALAD
DESSERTS	RASMALAI

EVENINGS NACKS

SNACKS	SPRING ROLL
DRINKS	OREO SHAKE



DINNER

SOUP	ICE TEA
PULSES	WHITE WATANA CURRY
GRAVY	MIX VEGETABLES
DRY VEG	SEV BHAJI
ASIAN	PESTO PASTA
STAPLE	CHEESE CORN BALLS
RICE	NAVRATAN PULAO/ST RICE
BREAD	PHULKA /CHAPATI
DESSERT	CHOC BROWNIE WITH SOS
SALAD	GREEN SALAD, VINEGOR ONION, BEET ROOT SALAD
APC	FRIED GREEN CHILLI, ONION, LIME
	ONION/LIME





SUNDAY MENU

06-09-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND, APRICOT, RAISIN
INDIAN	ALOO PARATHA
CONTINENTAL	CHOCOLATE COOKIES
B/B/JAM	BREAD, BUTTER, JAM
CEREAL	CORNFLAKS
DRINK	PLAIN HORLICKS
MILK	MILK HOT & COLD
TEA/COFFEE	TEA, COFFEE, BLACK TEA
FRUITS	BANANA



MORNING SNACKS

SNACKS	EYP PYP	
SNACKS	MYP DP	CHANA CHAT
DRINKS	EYP PYP MYP DP	LEMON WATER



LUNCH



PULSES	DAL ADRABI
GRAVY	JEERA ALOO
DRY	MUSHROOM MASALA
BREAD	CHAPATI
APC	SCHEZWAN NOODLES
RICE	SCZ RICE/STEAM RICE
DRINKS	LASSI
CURD RECIPE	BOONDI RAITA
SALAD 3 TYPES	GREEN SALAD, RADISH SALAD, CARROT PACHADI
DESSERTS	BESAN BURFI

EVENINGS NACKS

SNACKS	ONION PAKODA
DRINKS	TANG

DINNER

SOUP	MAGGI SOUP
PULSES	DHABA STYLE TADKA DAL
GRAVY	CHILI PANEER GRAVY
DRY VEG	BAINGAN BHARTA
ASIAN	VEG CHEESE CALZONE
STAPLE	EXOTIX VEGGEIS IN KUNG PAO SOS
RICE	VEG FRIED RICE/STEAM RICE
BREAD	GARLIC NAAN/CHAPATI
DESSERT	BUTTER SCOTCH ICE CREAM
SALAD	GREEN SALAD, FRESH BEAN SALAD, PAPDI SALAD
APC	BATATA CHIWADA
	ONION/LIME

