



**VISHWASHANTI
GURUKUL
WORLD SCHOOL**



REFECTORY MENU



**05TH TO 11TH
OCTOBER 2026**





MONDAY MENU

05-10-2026



BREAKFAST

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

ALMOND / DATES / RAISIN
GREEN PEAS POHA
CHEESE SLICE S/W
BREAD / BUTTER / JAM
CHOCOS
DRINKING CHOCOLATE
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
BANANA



MORNING
SNACKS

SNACKS
SNACKS
DRINKS

EYP PYP
MYP DP
EYP PYP MYP DP

CHEESE S/W
BREAD PATTICE
PINEAPPLE JUICE



LUNCH



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

DAL FRY
PALAK PANEER
MIX VEGETABLE
BUTTER ROTI / PHULKA
THUSAND ISLAND DRESSING / GARLIC MAYO / BREAD STIKS
STEAM RICE / HYDERABADI DUM BIRYANI
MASALA JEERA CHASS
BOONDI RAITA
LETTUCE SALAD / PROTEIN SALAD / GREEN SALAD
CARROT CAKE

EVENINGS
NACKS

SNACKS
DRINKS

MATKI BHEL
OREO SHAKE

DINNER

SOUP
PULSES
GRAVY
DRY VEG
ASIAN
STAPLE
RICE
BREAD
DESSERT
SALAD
APC

MINT LIME WATER
METHI MOONG DAL
SOYA CHAP MAKHNI
BHUNA VEGETABLE
WATER MELON
FRENCH FRIES
CORIANDER RICE / STEAM RICE
CHAPATI / PHULKA
BOONDI LADOO
GREEN SALAD / LACHA SALAD / KACHUMBER SALAD
PAPAD / THECHA / ONION / LIME





TUESDAY MENU

06-10-2026

BREAKFAST

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

ALMOND / APRICOT / RAISIN
SAUTE / PLAIN IDLI SAMBAR
COLESLOW S/W
BREAD / BUTTER / JAM
HONEYFLAKES
CHOCOLATE HORLICKS
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
APPLE



MORNING
SNACKS

SNACKS
SNACKS
DRINKS

EYP PYP

MYP DP

EYP PYP MYP DP

SAMOSA

SAMOSA

MOCKTAIL



LUNCH

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

AMRITSARI CHOLEY CURRY
MUSHROOM DO PYAZA
ACHARI ZEERA ALOO
POORI / PHULKA
FRYUM / WET GARLIC CHUTNEY
JEERA RICE / STEAM RICE
ROSE SHARBAT
PLAIN CURD
GREEN SALAD / FRUIT SALAD / MACRONI SALAD
GULAB JAMUN



EVENINGS
NACKS

SNACKS
DRINKS

PAV BHAJI
TANG

DINNER

SOUP
PULSES
GRAVY
DRY VEG
ASIAN
STAPLE
RICE
BREAD
DESSERT
SALAD
APC

CHASS
TADKA WARAN
VEG HANDI
FRENCH BEAN CARROT DRY
WATER MELON
BURNT GARLIC NOODLE
TAWA MASKA PULAO RICE / STEAM RICE
GHEE CHAPATI / CHAPATI
FRUIT TRIFLE
GREEN SALAD / PAPAD SALAD / BEETROOT SALAD
BATATA CHIWADA / ONION / LIME





WEDNESDAY MENU

07-10-2026

BREAKFAST

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

ALMOND / DATES / RAISIN
PANEER BURJI / PARANTHA
KHARI
MULTG. BREAD / MILK BREAD / JAM / BTR
STRAWBERRY FLAKES
DRINKING CHOCOLATE
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
GUAWA



MORNING
SNACKS

SNACKS
SNACKS
DRINKS

EYP PYP
MYP DP
EYP PYP MYP DP

FRUIT PLATE
MOONG DAL PAKODA
FRUIT PUNCH



LUNCH

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

DAL MAKHANI
METHI MUTTER MALAI
VEG JALFREZI
PHULKA / CHAPATI
THECHA / PAPAD
JEERA RICE / STEAM RICE
CHASS
BURANI RAITA
GREEN SALAD / SPROUT CHANA SALAD / BEET ROOT SALAD
ORANGE ICE DOLLY



EVENINGS NACKS

SNACKS
DRINKS

ALOO TIKKI CHAT
BUTTERSCOTCH SHAKE



DINNER

SOUP
PULSES
GRAVY
DRY VEG
ASIAN
STAPLE
RICE
BREAD
DESSERT
SALAD
APC

LYCHEE JUICE
DAL FRY
DUM ALOO KASHMIRI
DOODHI MASALA
WATER MELON
GARLIC BREAD
VEG FRIED RICE / STEAM RICE
PHULKA / GHEE PHULKA
ORANGE TART
GREEN SALAD / BEANS SALAD / MEDITERRANEAN SALAD
FRIED GREEN CHILLI / ONION / LIME







FRIDAY MENU

09-10-2026



BREAKFAST

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

ALMOND / DATES / RAISIN
SAGO WADA
VEG CHEESE GRILLED S/W
MULTG. BREAD / MILK BREAD / JAM / BTR
CHOCOS
DRINKING CHOCOLATE
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
PINEAPPLE



SNACKS
SNACKS
DRINKS
EYP PYP
MYP DP
EYP PYP MYP DP

POHA
ALOO PUFF
ICE TEA



LUNCH



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

DAL LASOONI
PANEER LABABDAR
VEG JALFREZI
CHAPATI / TANDOOR BUTTER ROTI
GARLIC SAUCE
SOYA BIRYANI / PLAIN RICE
CHASS
VEG RAITA
GREEN SALAD / TADKA PASTA SALAD / LETTUCE SALAD
ANGOOR RABDI

EVENINGS NACKS

SNACKS
DRINKS

VEG SPRING ROLL
MOCKTAIL



DINNER

SOUP
PULSES
GRAVY
DRY VEG
ASIAN
STAPLE
RICE
BREAD
DESSERT
SALAD
APC

ICE TEA
DAL MAHARAJA
ALOO BHUJIA
BHEL
SHEV PURI DAHI PAPDI
VEG LASAGNE
STEAM RICE / DAL KHICHADI
CHAPATI / KACCHI DABELI
CHOCOLATE SWISS ROLL
CUCUMBER SALAD / PAPADI SALAD / MIX VEG SALAD
FRIED GREEN CHILLI / ONION / LIME





SATURDAY MENU

10-10-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND / APRICOT / RAISIN
INDIAN	POORI BHAJI
CONTINENTAL	PAN CAKE
B/B/JAM	BROWN BREAD / PEANUT BTR / JAM
CEREAL	MUESLI
DRINK	DRINKING CHOCOLATE
MILK	MILK HOT & COLD
TEA/COFFEE	TEA / COFFEE / BLACK TEA
FRUITS	SAPOTA



SNACKS	EYP PYP
SNACKS	MYP DP
DRINKS	EYP PYP MYP DP

UPMA
ALOO CORN PAKODA
MIX FRUIT JUICE



LUNCH



PULSES	RAJMA DAL
GRAVY	MUSHROOM DO PYAZA
DRY	CORN CAPSICUM DRY
BREAD	METHI PARANTHA / CHAPATI
APC	TOMATO CHUTNEY / PAPAD
RICE	TAWA PULAO / STEAM RICE
DRINKS	CHAAS
CURD RECIPE	KOSHIMBIR
SALAD 3 TYPES	GREEN SALAD / ICE BERG SALAD CHAT / PAPADI SALAD
DESSERTS	WALNUT BROWNIE

EVENINGS NACKS

SNACKS	FALAFAL WITH HUMMUS
DRINKS	ORANGE TANG



DINNER

SOUP	MINT LIME WATER
PULSES	MASOOR DAL FRY
GRAVY	SOYA CURRY
DRY VEG	RAW JACKFRUIT DRY
ASIAN	WATER MELON
STAPLE	CHEESE CORN BALL
RICE	HERB RICE / STEAM RICE
BREAD	CHAPATI / PHULKA
DESSERT	FRUIT CUSTARD
SALAD	GREEN SALAD / PASTA TADKA SALAD / BEET ROOT SALAD
APC	PAPAD / PICKLE / ONION / LIME





SUNDAY MENU

11-10-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND / DATES / RAISIN
INDIAN	ALOO PARANTHA
CONTINENTAL	CHOCOLATE COOKIES
B/B/JAM	BREAD / BUTTER / JAM
CEREAL	CORNFLAKES
DRINK	PLAIN HORLICKS
MILK	MILK HOT & COLD
TEA/COFFEE	TEA / COFFEE / BLACK TEA
FRUITS	PAPAYA



SNACKS	EYP PYP	MINI CHEESE PARANTHA
SNACKS	MYP DP	CHANA PAPDI CHAT
DRINKS	EYP PYP MYP DP	ICE TEA



LUNCH



PULSES	CHOLE CURRY
GRAVY	GREEN PEAS CURRY
DRY	GRILLED EXOTIC VEGGIES
BREAD	PHULKA / GHEE PHULKA
APC	PAPAD
RICE	SCHEZWAN RICE / STEAM RICE
DRINKS	TANG
CURD RECIPE	VEGETABLE RAITA
SALAD 3 TYPES	GREEN SALAD / KIMCHI SALAD / TADKA SALAD
DESSERTS	DRY FRUIT GREEK YOUGHURT

EVENINGS NACKS

SNACKS	AMERICAN CHOPSEY
DRINKS	LEMON JUICE

DINNER

SOUP	LYCHEE JUICE
PULSES	TADKA DAL
GRAVY	VEG KOLHAPOORI
DRY VEG	GRILLED SPINACH & CORN WRAPS
ASIAN	WATER MELON
STAPLE	PANEER CHILLI DRY
RICE	STEAM RICE / SHEZWAN FRIED RICE
BREAD	TAWA PARANTHA / CHAPATI
DESSERT	CHOCOLATE PASTRY
SALAD	GREEN SALAD / BEANS SALAD / KACHUMBER SALAD
APC	FRIED GREEN CHILLI / ONION / LIME

