



**VISHWASHANTI
GURUKUL
WORLD SCHOOL**



REFECTORY MENU



**12TH TO 18TH
OCTOBER 2026**





MONDAY MENU

12-10-2026



BREAKFAST

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

ALMOND / APRICOT / RAISIN
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

MINI ALOO PARANTHA
POTATO PUFF
SWEET LIME JUICE



LUNCH



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

DAL MAKHANI
PANEER BUTTER MASALA
MIX VEGETABLE
BTR GARLIC NAN / CHAPATI
PAPAD / THECHA / CORIANDER CHUTNEY
VEG SOYA BIRYANI / STEAM RICE
KIWI JUICE
BOONDI RAITA
FRIED POTATO SALAD / GREEN SALAD / MEDETERIAN SALAD
GULAB JAMUN

EVENINGS
NACKS

SNACKS
DRINKS

VEG KATHI ROLL
ICE TEA

DINNER

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

ORANGE TANG
TOOR DAL TADKA
LAUKI CHANA MASALA
BHINDI DO PYAZA
SOYA CHILLI DRY
EXOTIC SAUTE VEGGIES WITH HERBS
KHICHADI / STEAM RICE
GHEE PHULA / CHAPATI
VERMICELLI PAYSAM
GREEN SALAD / PAPDI SALAD / JULLINE SALAD
FRIED GREEN CHILLI / ONION / LIME





TUESDAY MENU

13-10-2026



BREAKFAST

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

ALMOND/ DATES / RAISIN
PLAIN IDLI / SAUTED SAMBAR
GRILLED CHEESE S/W
BREAD / BUTTER / JAM
HONEYFLAKES
CHOCOLATE HORLICKS
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
GUAWA



SNACKS
SNACKS
DRINKS

EYP PYP
MYP DP
EYP PYP MYP DP

GREEN PEAS POHA
VADA PAV
ICE TEA

LUNCH

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

DAL TRIVENI
VEG KEBAB CURRY
KADHAI MUSHROOM
CHAPATI / PHULKA
WET GARLIC CHUTNEY / PAPAD
CURD RICE / STEAM RICE
SWEET LASSI
MIX VEG RAITA
GREEN SALAD / FRUITS SALAD / TADKA PASTA SALAD
JALEBI



EVENINGS NACKS

SNACKS
DRINKS

HARA BHARA KABAB
LEMON WATER

DINNER

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

MOCKTAIL
WHOLE MASOOR DAL BLACK
SOYA CHAP MAKHANI
DRY ALOO MUTTER
VEG MANCHURIAN GRAVY
PASTA IN RED SAUCE
STEAM RICE / TRIPPLE SCHEZWAN FRIED RICE
CHAPATI / PHULKA
CARAMEL CUSTARD
LACHHA SALAD / KAKADI SALAD / GREAN SALAD
SCHEZWAN CHUTNEY / ONION / LIME





WEDNESDAY MENU

14-10-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND / APRICOT / RAISIN
INDIAN	PANEER BHURJI / PARANTHA
CONTINENTAL	TANDOORI MAYO S/W
B/B/JAM	BREAD / BUTTER / JAM
CEREAL	STRAWBERRY FLAKES
DRINK	DRINKING CHOCOLATE
MILK	MILK HOT & COLD
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	ALOO METHI
DRY	BHUNA VEG
BREAD	CHAPATI / PHULKA
APC	FRIED PAPAD
RICE	TAWA PULAO / STEAM RICE
DRINKS	CHASS
CURD RECIPE	PLAIN CURD
SALAD 3 TYPES	GREEN SALAD / SPROUTED PROTEIN SALAD / SALAD
DESSERTS	PINEAPPLE SWISS ROLL



EVENINGS NACKS

SNACKS	SPRING ROLL
DRINKS	COLD COFFEE



DINNER

SOUP	ICE TEA
PULSES	YELLOW CHANA DAL
GRAVY	MUSHROOM MASALA
DRY VEG	WANGI MASALA DRY
ASIAN	BREAD PIZZA
STAPLE	VEG SINGAPOORI NOODLES
RICE	JEERA / STEAM RICE
BREAD	PHULKA / CHAPATI
DESSERT	MILK CAKE
SALAD	GREEN SALAD / BEETROOT SALAD / KACHUMBER SALAD
APC	FRIED GREEN CHILLI / ONION / LIME





THURSDAY MENU

15-10-2026



BREAKFAST

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

ALMOND / DATES / RAISIN
SAGO KHICHADI
BOMBAY S/W
BREAD / BUTTER / JAM
HONEY ALMOND FLAKES
BOURNVITA
MILK HOT & COLD
TEA / COFFEE / BLACK TEA
PINEAPPLE



SNACKS
SNACKS
DRINKS

EYP PYP
MYP DP
EYP PYP MYP DP

COTTAGE PANEER P/A SLICE
SAMOSA
LYCHEE JUICE

LUNCH



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

RAJMA DAL
VEG MAKHANWALA
BHINDI MASALA
CHAPATI / GHEE CHAPATI
ALOO WADI / DRY PEANUT CHUTNEY
CORIANDER RICE / STEAM RICE
MINT SHIKANJI
DAHI WADA
QUINA SALAD / GREEN SALAD / ICE BERG SALAD
FRESH P/A PASTRY



EVENINGS NACKS

SNACKS
DRINKS

SUBWAY S/W
BANANA SHAKE



DINNER

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

CHASS
DAL PANCHARATAN
VEG KOLHAPURI
DRUMSTIC MASALA
GRILLED VEG AUGRATINE
CHILLI TOFU DRY
VEG HYDERABADI BIRYANI / STEAM RICE
PHULKA / CHAPATI
BOONDI LADOO
GREEN SALAD / PAPAD SALAD / SPROUT SALAD
SCHEZWAN CHUTNEY / ONION / LIME





FRIDAY MENU

16-10-2026



BREAKFAST

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



SNACKS	EYP PYP	ALOO BONDA CHUTNEY
SNACKS	MYP DP	ALOO BONDA CHUTNEY
DRINKS	EYP PYP MYP DP	MIX FRUIT JUICE



LUNCH



PULSES	CHOLE CURRY
GRAVY	PANEER LABABADAR
DRY	FRENCH BEANS DRY WITH HERBS
BREAD	LACHHA PARANTHA / CHAPATI
APC	KOTHIMBIR WADI / CORIANDER CHUTNEY
RICE	NAVRATAN PULAV / STEAM RICE
DRINKS	CHASS
CURD RECIPE	PINEAPPLE RAITA
SALAD 3 TYPES	GREEN SALAD / PAPADI CHAT / PASTA SALAD
DESSERTS	DRY FRUIT YOGHURT

EVENINGS NACKS

SNACKS	MAGGI
DRINKS	KIWI JUICE



DINNER

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





SATURDAY MENU

17-10-2026

BREAKFAST

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



SNACKS	EYP PYP	SCHEZWAN IDLI
SNACKS	MYP DP	FRESH MINT
DRINKS	EYP PYP MYP DP	LIME WATER



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	PLAIN CURD
SALAD 3 TYPES	GREEN SALAD / CEASER SALAD / SPROUTED SALAD
DESSERTS	SHAHI TUKDA

EVENINGS NACKS

SNACKS	PIZZA
DRINKS	STRAWBERRY SHAKE



DINNER

SOUP	ICE TEA
PULSES	WHITE WATANA CURRY
GRAVY	MIX VEGETABLES
DRY VEG	SOYA RASSA CURRY
ASIAN	BROCCOLI PASTA
STAPLE	CHEESE CORN BALLS
RICE	BIRYANI / STEAM RICE
BREAD	PHULKA / CHAPATI
DESSERT	CHOC BROWNIE WITH SAUCE
SALAD	GREEN SALAD / PASTA TADKA SALAD / BEET ROOT SALAD
APC	FRIED GREEN CHILLI / ONION / LIME





SUNDAY MENU

18-10-2026



BREAKFAST

DRY FRUITS AND NUTS	ALMOND / APRICOT / RAISIN
INDIAN	ALOO PARANTHA
CONTINENTAL	KHARI
B/B/JAM	BREAD / BUTTER / JAM
CEREAL	CORNFLAKES
DRINK	PLAIN HORLICKS
MILK	MILK HOT & COLD
TEA/COFFEE	TEA / COFFEE / BLACK TEA
FRUITS	BANANA



SNACKS EYP PYP
SNACKS MYP DP
DRINKS EYP PYP MYP DP

CORN CHAT
LEMON WATER



LUNCH



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

EVENINGS NACKS

SNACKS
DRINKS
MATKI BHEL
TANG

DINNER

SOUP	CORN SPINACH SOUP
PULSES	DAL DHABA
GRAVY	HANDI PANEER
DRY VEG	LAUKI TAMATAR SABJI
ASIAN	VEG CHEESE CALZONE
STAPLE	EXOTIC VEGGEIS IN KUNG PAO SAUCE
RICE	TAVA RICE / STEAM RICE
BREAD	TANDOOR ROTI / CHAPATI
DESSERT	CHOCO LAWA MUFFINS
SALAD	GREEN SALAD / ICE BERG SALAD / MAGGI PASTA SALAD
APC	BATATA CHIWADA / ONION / LIME

