VISHWASHANTI GURUKUL WORLD SCHOOL

IB CONTINUUM
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CONTINUO DEL IB

REFECTORY MENU



16TH TO 22ND NOVEMBER 2026

MONDAY MENU

16-11-2026

BREAKFAST







DRY FRUITS AND NUTS	ALMOND / APRICOT / RAISIN
INDIAN	POHA RASSAM
CONTINENTAL	CHEESE SLICE S/W
B/B/JAM	BREAD / BUTTER / JAM
CEREAL	CHOCOS
DRINK	BOOST
MILK	MILK HOT & COLD
TEA/COFFEE	TEA / COFFEE / BLACK TEA
FRUITS	APPLE

MORNING SNACKS

SNACKS	EYP PYP	MINI ALOO PARANTHA
SNACKS	MYP DP	POTATO PUFF
DRINKS	EYP PYP MYP DP	SWEET LIME JUICE





LUNCH

PULSES	DAL MAKHANI
GRAVY	PANEER BUTTER MASALA
DRY	MIX VEGETABLE
BREAD	BUTTER GARLIC NAAN / CHAPATI
APC	PAPAD / THECHA / CORIANDER CHUTNEY
RICE	VEG SOYA BIRYANI / STEAM RICE
DRINKS	LITCHI JUICE
CURD RECIPE	BOONDI RAITA
SALAD 3 TYPES	FRIED POTATO SALAD / GREEN SALAD / MEDITERRANEAN SALAD
DESSERTS	GULAB JAMUN

EVENINGS NACKS

SNACKS	VEG KATHI ROLL
DRINKS	ICE TEA

DINNER



SOUP	CHASS
PULSES	TOOR DAL TADKA
GRAVY	LAUKI CHANA MASALA
DRY VEG	BHINDI DO PYAZA
ASIAN	SOYA CHILLI DRY
STAPLE	EXOTIC SAUTE VEGGIES WITH HERBS
RICE	KHICHADI / STEAM RICE
BREAD	GHEE PHUKLA / CHAPATI
DESSERT	VERMISILLI PAYSAM
SALAD	GREEN SALAD / PAPADI SALAD / JULLINE SALAD
APC	FRIED GREEN CHILLI / ONION / LIME

TUESDAY MENU

17-11-2026

BREAKFAST

DRY FRUITS AND NUTS	ALMOND / DATES / RAISIN
INDIAN	PLAIN IDLI / SAUTED 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	GUAWA





MORNING SNACKS

SNACKS	EYP PYP	GREEN PEAS POHA
SNACKS	MYP DP	VADA PAV
DRINKS	EYP PYP MYP DP	ICE TEA



LUNCH







PULSES	DAL TRIVENI
GRAVY	VEG KEBAB CURRY
DRY	KADHAI MUSHROOM
BREAD	CHAPATI / PHULKA
APC	WET GARLIC CHUTNEY / PAPAD
RICE	CURD RICE / STEAM RICE
DRINKS	SWEET LASSI
CURD RECIPE	MIX VEG RAITA
SALAD 3 TYPES	GREEN SALAD / FRUITS SALAD / TADKA PASTA SALAD
DESSERTS	FRESH PINEAPPLE PAS

EVENINGS NACKS

SNACKS	HARA BHARA KABAB
DRINKS	LEMON WATER

DINNER

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





WEDNESDAY MENU

18-11-2026

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

19-11-2026



BREAKFAST

DRY FRUITS AND NUTS	ALMOND / DATES / RAISIN
INDIAN	SAGO KHICHADI
CONTINENTAL	BOMBAY 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





MORNING SNACKS

SNACKS	EYP PYP	COTTAGE PANEER P/A SLICE
SNACKS	MYP DP	SAMOSA
DRINKS	EYP PYP MYP DP	LYCHEE JUICE

LUNCH



PULSES	RAJMA DAL
GRAVY	VEG MAKHANWALA
DRY	BHINDI MASALA
BREAD	CHAPATI / GHEE CHAPATI
APC	ALOO WADI / DRY PEANUT CHUTNEY
RICE	CORIANDER RICE / STEAM RICE
DRINKS	MINT SHIKANJI
CURD RECIPE	DAHI WADA
SALAD 3 TYPES	QUINA SALAD / GREEN SALAD / ICE BERG SALAD
DESSERTS	JALEBI

EVENINGS NACKS

SNACKS	SUBWAY S/W
DRINKS	BANANA SHAKE



DINNER



SOUP	ORANGE TANG
PULSES	DAL PANCHARATAN
GRAVY	VEG KOLHAPURI
DRY VEG	DRUMSTICK MASALA
ASIAN	GRILLED VEG AUGRATINE
STAPLE	CHILLI TOFU DRY
RICE	VEG HYDERABADI BIRYANI / STEAM RICE
BREAD	PHULKA / CHAPATI
DESSERT	BOONDI LADOO
SALAD	GREEN SALAD / PAPAD SALAD / SPROUT SALAD
APC	SCHEZWAN CHUTNEY / ONION / LIME



FRIDAY MENU

20-11-2026

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





MORNING SNACKS

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	BUTTER SCOTCH JUICE

DINNER



SOUP	LEMON WATER
PULSES	DAL TADKA
GRAVY	ALOO BHUJIA
DRY VEG	BHEL
ASIAN	SHEV PAPDI DAHI PURI
STAPLE	VEG LASAGNE
RICE	MOONG DAL KHICHADI / STEAM RICE
BREAD	CHAPATI / PHULKA
DESSERT	CHOCOLATE SWISS ROLL
SALAD	CUCUMBER SALAD / TADKA SALAD / MIX VEG SALAD
APC	FRIED GREEN CHILLI / ONION / LIME

SATURDAY MENU

21-11-2026

BREAKFAST



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





SNACKS	EYP PYP	
SNACKS	MYP DP	SCHEZWAN IDLI
DRINKS	EYP PYP MYP DP	FRESH MINT 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	BIRAYANI / STEAM RICE
BREAD	PHULKA / CHAPATI
DESSERT	CHOCOLATE BROWNIE WITH SAUCE
SALAD	GREEN SALAD / PASTA TADKA SALAD / BEET ROOT SALAD
APC	FRIED GREEN CHILLI / ONION / LIME

SUNDAY MENU

22-11-2026

BREAKFAST

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







MORNING SNACKS

SNACKS	EYP PYP	
SNACKS	MYP DP	CORN CHAT
DRINKS	EYP PYP MYP DP	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 / RADDISH SALAD / CARROT PACHADI
DESSERTS	BESAN BURFI

EVENINGS NACKS

SNACKS	MATKI BHEL
DRINKS	TANG

DINNER



SOUP	CORN SPINACH SOUP
PULSES	DAL DHABA
GRAVY	HANDI PANEER
DRY VEG	LAUKI TAMATAR SABJI
ASIAN	VEG CHEESE CALZONE
STAPLE	EXOTIC VEGGIES 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