

Salwan Public School, Gurugram

MID DAY MEAL MENU 2026-2027 (MONTESSORI to GRADE II)

MENU			
		8.30 am	10.30 am
First and Third Week	Monday	Sweet Dalia	Lobia / Rajma+Rice
	Tuesday	Vegetable poha	Karahi paneer / Matar paneer/ Butter paneer + chapati
	Wednesday	Upma	Veg. Biryani + salan
	Thursday	Banana	Aloo Soyabean/ Aloo Matar / Gajar matar + Chapati
	Friday	Veg Vermicelli	Pindi Chole + Poori
	Saturday *	Besan Halwa	Dal Amritsari and Rice
Second and Fourth week	Monday	Banana/ orange/ grapes /plum	Kadhi + Rice
	Tuesday	Veg Quinoa / Vegetable Dalia / Soya Cutlet	Pav bhaji
	Wednesday	Fruit Custard / Tomato Soup/ Sweet Corn soup with soup sticks	Idli /vada+ Sambar + Ice Cream
	Thursday	Sooji Kheer	Kofta Curry / Seasonal Vegetable + Chapati
	Friday	Buttered corn cup	Arhar Dal / Dal Makhni / A/ Dal Moong +Rice

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MID DAY MEAL MENU 2026-2027 (GRADE III onwards)

	MENU	
First and Third Week	Monday	Lobia/Rajma+ Rice +salad + Vermicille Kheer
	Tuesday	Karahi paneer / Matar paneer/ Butter paneer + chapati+ Besan Ladoo
	Wednesday	Veg. Biryani + salan+ juice (tetra pack)/ Soup
	Thursday	Aloo Soyabean /Aloo Matar / Gajar matar + Chapati + Banana
	Friday	Pindi chole + Poori + Atta/ Suji Halwa
	Saturday	Kaathti Roll/ Chole Kulcha + Besan Burfi
Second and Fourth week	Monday	Kadhi + Rice + banana/ orange/ grapes /plum
	Tuesday	Pav bhaji+ vermicelli kheer
	Wednesday	Idli /vada+ Sambar + Ice cream / Tomato Soup/ Sweet Corn Soup
	Thursday	Kofta Curry / Seasonal Vegetable + Chapati + Sooji Kheer
	Friday	Arhar Dal / Dal Makhni / Dal Amratsari / Dal Moong +Rice + Buttered corn cup

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MID DAY MEAL MENU 2026-2027 Montessori I onwards

MENU		
Fifth Week	Monday	Aloo Tomato Curry + Sitaphal + Poori + Phirni
	Tuesday	Paneer Sabzi +Chapati +Custard with nuts
	Wednesday	Lemon Rice / Coconut Rice + Sambar + Payasam (Mont to Grade II)/ Coconut Burfi
	Thursday	Sesonal Vegetable +Chapati + Banana/ orange/ grapes /Apple
	Friday	Kale Chana + Rice + Atta Halwa/ Sooji Halwa
	Saturday *	Vegetable Sooji Pasta/ Vegetable Hakka + Muffin / Brownie / Britannia Cake

***Grade I onwards**