

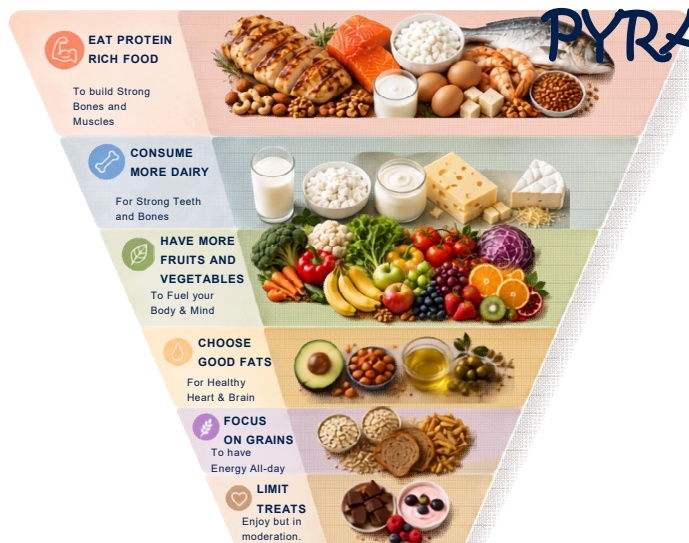


3 Week rolling Menu plan_ Term - 1 (2026-2027) (28 July 2026 to 01 October 2026)

The food we intake contains: Carbohydrates, Fats, Proteins, Minerals and Vitamins
1-gram of Carbohydrate and Protein contains 4 calories and 1-gram of Fat contains 9-calories.
Vitamin C with biofluids is thought to speed up a slow metabolism and normalize glandular function.



INVERTED FOOD



PYRAMID

Small choices today.
Stronger you tomorrow.



EAT SMART

Choose wholesome foods every day.



GROW STRONG

Build healthy habits for life.



LEARN BETTER

Fuel your mind.
Shape your future.

WEEK 1

Category	Monday (17.08.26) (07.09.26) (28.09.26)	Tuesday (28.07.26) (18.08.26) (08.09.26) (29.09.26)	Wednesday (29.07.26) (19.08.26) (09.09.26) (30.09.26)	Thursday (30.07.26) (20.08.26) (10.09.26) (01.10.26)	Friday (31.07.26) (21.08.26) (11.09.26)
Appetizer	QUINOA VEG PATTIES	BAKED TANDOORI SWEET POTATO	RAGI VEG BITES	GOLDEN CRISP CLASSIC FRIES	CREAMY PESTO PENNE PASTA
Non Vegetarian	GRILLED LEMON HERB CHICKEN	SPAGHETTI WITH CHICKEN MEATBALLS IN TOMATO BASIL SAUCE	CHICKEN RAMEN	CLASSIC CHICKEN BURGER	HYDERABADI LAMB KOFTA CURRY
Vegetarian	MOROCCON CHICKPEA STEW	SPAGHETTI WITH CHEESE BALLS IN ROSA SAUCE	VEG RAMEN (CONTAINS PANEER)	CLASSIC VEG BURGER	PALAK PANEER DAL MAKHANI
Vegetable of the Day	SEASONAL GRILLED VEGETABLES	ENGLISH SAUTEED VEGETABLE	WOK TOSSED GREENS	ROASTED SEASONAL VEGGIES	ASSORTED SAUTEED VEGETABLE
Indian Combo	DAL BUKHARA / STEAMED RICE	DAL PANCHARATNA / STEAMED RICE	VEG BIRYANI WITH RAITA	DHABA EGG CURRY/ STEAMED RICE	STEAMED RICE METHI TAWA LACCHA PARANTHA
Salad	FATTOUSH SALAD	BOILED CHANA CHAAT	RAW PAPAYA & CARROT SALAD	QUINOA & SWEET POTATO SALAD	KACHUMBAR SALAD DAHI BHALLA
Fresh Fruit/Dessert	DICED MUSK MELON BANANA CHOCOLATE CAKE SLICE	DICED APPLE	VANILLA ICECREAM DICED MANGO/PAPAYA	DICED WATER MELON	BANANA WITH CHOCOLATE SAUCE FRESH FRUIT CUSTARD
Fresh Fruit Juice/ Shake/Smoothie	MANGO LASSI	MINT LEMONADE	BUTTERMILK WITH MINT	BANANA BERRY SMOOTHIE	PINEAPPLE CUCUMBER JUICE

WEEK 2

Category	Monday (03.08.26) (24.08.26) (14.09.26)	Tuesday (04.08.26) (25.08.26) (15.09.26)	Wednesday (05.08.26) (26.08.26) (16.09.26)	Thursday (06.08.26) (27.08.26) (17.09.26)	Friday (07.08.26) (28.08.26)* (18.09.26)
Appetizer	OATS BASIL LENTIL CROQUETTES	PEARL MILLET & SPINACH CUTLETS	COTTAGE CHEESE SATAY	BAKED PITA WITH CLASSIC HUMMUS	WHEAT PENNE ROSA SAUCE
Non Vegetarian	RUSTIC CREAMY CHICKEN POT STEW	CHICKEN MANCHURIAN / VEG HAKKA NOODLES	THAI RED CURRY WITH CHICKEN	CLASSIC CHICKEN ROLLS	CHICKEN CHANGEZI
Vegetarian	COTTAGE CHEESE & MUSHROOM CASSEROLE	VEGETABLE MANCHURIAN / VEG HAKKA NOODLES	THAI GREEN CURRY WITH VEGETABLES	MEXICAN BEAN & CORN ROLLS	HANDI PANEER PUNJABI DAL TADKA
Vegetable of the Day	BUTTERED VEGGIES	GRILLED VEGETABLE	LEMONGRASS KAFFIRLIME FLAVORED VEGETABLES	ROASTED SEASONAL VEGGIES	SAUTEED VEGETABLES
Indian Combo	DAL AMRITSARI /STEAMED RICE	VEG KORMA / STEAMED RICE	YELLOW DAL TADKA / STEAMED RICE	MATAR MUSHROOM / STEAMED RICE	VEG PULAO, BOONDI RAITA TANDOORI BUTTER ROTI
Salad	BEETROOT FARM GREENS FETA SALAD	HERB COUSCOUS SALAD	CRUNCHY ASIAN SLAW	COUNTRY GREEK SALAD	SEASONAL GREEN SALAD
Fresh Fruit/Dessert	FRUIT CRUMBLE DICED SUN MELON	DICED GUAVA	DICED WATER MELON LEMON TART	DICED PAPAYA	DICED MUSKMELON JAGGERY BANANA KHEER
Fresh Fruit Juice/ Shake/Smoothie	APPLE BEETROOT GINGER JUICE	MIX BERRY SMOOTHIE	AAM PANNA	CHOCOLATE MILKSHAKE	WATERMELON MINT JUICE

WEEK 3

Category	Monday (10.08.26) (31.08.26) (21.09.26)	Tuesday (11.08.26) (01.09.26) (22.09.26)	Wednesday (12.08.26) (02.09.26) (23.09.26)	Thursday (13.08.26) (03.09.26) (24.09.26)	Friday (14.08.26) (04.09.26) (25.09.26)
Appetizer	HARA BHARA KEBAB	CORN ON THE COB	OVEN ROASTED POTATO WEDGES	BAKED VEG NUGGETS	BAKED VEGGIE PASTA
Non Vegetarian	CHICKEN & VEG IN MEXICAN HERB SAUCE	LAMB PEAS LASAGNA	YUM YUM CHICKEN	CHICKEN PIZZA	CHICKEN DUM BIRYANI
Vegetarian	COTTAGE CHEESE ALBONDIGAS	BAKED VEG LASAGNA	GRILLED COTTAGE CHEESE IN SWEET & SOUR SAUCE	PESTO VEGGIE PIZZA	PANEER DUM BIRYANI
Vegetable of the Day	SEASONAL GRILLED VEGETABLES	HERB BUTTERED ENGLISH VEGGIES	SAUTEED BROCCOLI, CORN & PEPPER	STEAMED VEGGIES & BUTTER CORNS	SEASONAL GRILLED VEGETABLES
Indian Combo	SAMBHAR/ PLAIN RICE	LAUKI CHANA DAL / STEAMED RICE	RAJMA MASALA /STEAMED RICE	VEGETABLE KOFTA IN MAKHANI GRAVY / STEAMED RICE	PINDI CHOLEY TAWA LACHCHA PARATHA
Salad	SPROUTS AND AVOCADO SALAD	BEETROOT, ORANGE & FETA SALAD	KOREAN CUCUMBER SALAD	MILLET & VEG SALAD	KOSHAMBARI SALAD BURANI RAITA
Fresh Fruit/Dessert	MARBLE CAKE SLICE DICED APPLE	SEASONAL GRAPES	RAGI MULTIGRAIN BROWNIE DICED SUN MELON	DICED PEARS	DICED PAPAYA GULAB JAMUN
Fresh Fruit Juice/ Shake/Smoothie	SHIKANJI	BANANA CHOCOLATE SHAKE	IMMUNE BOOSTER JUICE	MANGO SMOOTHIE	LEMON GINGER MINT SQUASH

Other Items

Cold-pressed juice (April - October) available daily
Soup (November - March) available daily.
Healthy Salad Bar: 4 x seasonal veggies, dressings & plain curd available daily in addition to the main salad.
Variety of breads available daily.
On Fridays: One of the Indian bread/tandoori buttered naan, papad and mixed pickle are available.
Nutritional information shall be displayed for all menu items.