

Salwan Public School, Gurugram

MID DAY MEAL MENU 2025-2026 (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 + Chapati
	Friday	Vegetable Vermicelli	Pindi Chole + Poori + Sitaphal
Grade I and II	Saturday	Besan Burfi	Kaathi Roll/ Chole Kulcha
Second and Fourth week	Monday	Banana/ orange/ grapes /plum	Kadhi + Rice
	Tuesday	Veg Quinoa / Vegetable Dalia / Soya Cutlet	Pav bhaji
	Wednesday	Tomato Soup / Sweet Corn with soup sticks	Idli /vada+ Sambar + Ice Cream
	Thursday	Sooji Kheer	Kofta Curry / Seasonal Vegetable + Chapati
	Friday	Buttered corn cup	Arhar Dal +Rice

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MID DAY MEAL MENU 2025-2026 (GRADE III onwards)

MENU		
First and Third Week	Monday	Lobia/Rajma+ Rice +salad +sweet dalia
	Tuesday	Karahi paneer / Matar paneer/ Butter paneer + chapati+ Besan Ladoo
	Wednesday	Veg. Biryani + salan+ juice(tetra pack)
	Thursday	Aloo Soyabean + Chapati + Banana
	Friday	Pindi chole + Poori + sitaphal +Khoya Burfi
	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 / Soup
	Thursday	Kofta Curry / Seasonal Vegetable + Chapati + Sooji Kheer
	Friday	Arhar Dal +Rice + Buttered corn cup

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MID DAY MEAL MENU 2025-2026 Mont I onwards

MENU		
Fifth Week	Monday	Aloo Tomato Curry +Poori + Rice Kheer
	Tuesday	Paneer Sabzi +Chapati +Custard with nuts
	Wednesday	Lemon Rice +Sambar + Rasgulla / Gulab Jamun
	Thursday	Sesonal Vegetable +Chapati + banana/ orange/ grapes /plum
	Friday	Kale Chana + Rice + Sooji / Atta Halwa
Grade I onwards	Saturday	Pasta + Oats Kheer