

Menu for the Month of October '25 - BHIS Grade 3 to 12

DATE					03-Oct
DAYS					FRI
BREAKFAST					
Milk					Hot Milk & Cold milk
Cereals					Chocos
Bread					Brown bread
Butter/Jam					Butter/Jam
Hot Savoury					Paav Bhaji
Fruit/Sweet					Banana
LUNCH					
Dal					Veg Manchurian
Vegetable					Chilly Potato
Chapati					Hakka Noodles
Rice					Fried Rice
Salad Bar					Vinaigrette Salad
Dessert/ Curd					Fruit Custard
Drink					Mojito
EVENING SNACK					
Milk					Bournvita Milk
Snack					French Fries
Fruits					Banana
DATE	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct
DAYS	MON	TUE	WED	THU	FRI
BREAKFAST					
Milk	Hot Milk & Cold milk	HOLIDAY	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold Milk
Cereals	Cornflakes		Cornflakes	Cornflakes	Chocos
Bread	Brown bread		Brown bread	Brown bread	Brown Bread
Butter/Jam	Butter/Jam		Butter/Jam	Butter/Jam	Butter/Jam

Hot Savoury	Stuffed Paneer wheat Kulcha	HOLIDAY	Cheese Corn Sandwich	Dal Aloo Pyaz Parantha With Butter & Pickle	Veg. Poha
Fruit/Sweet	Apple		Banana	Tadka Chaach	Papaya
LUNCH					
Dal	Rajma Masala	HOLIDAY	Dal Bukhara	Sambar	Veg Tacos
Vegetable	Mix Veg		Paneer Lababdar	Idili	Mexican Rice
Chapati	Butter Roti		Butter Roti	Vada	Guacamole
Rice	Steam Rice		Jeera Rice	Lemon Rice	Mexican Vegetable With Romesco Sauce
Salad Bar	Green Salad & Achari Onion		Green Salad & Coleslaw salad	Coconut chutney	Greek Salad/Caesar Salad
Dessert/ Curd	Suji Halwa		Dahi Bhalla Papdi	Payasam Kheer	Ice-Cream With Chocolate Syrup
Drink	Tadka Chaach		Mint Fresh Lime Water	Fresh Lime Water	Mojito
EVENING SNACK					
Milk	Bournvita Milk	HOLIDAY	Bournvita Milk	Bournvita Milk	Bournvita Milk
Snack	Veg Poha		Sewaiya	Veg Wrap	Veg Cutlet
Fruit	Apple		Banana	Pears	Papaya
DATE	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
DAYS	MON	TUE	WED	THU	FRI
BREAKFAST					
Milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk	Hot Milk & Cold milk
Cereals	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Chocos
Bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread
Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam
Hot Savoury	Aloo Tawa Veg Sandwich	Moong Dal Chila with Paneer Stuffing	Veg Wrap	Cheese Corn Sandwich	Palak Puri With Aloo Sabzi
Fruit/Sweet	Papaya	Tadka Chaach	Banana	Pears	Gujiya
LUNCH					
Dal	Yellow Dal Tadka	Ghiya kofta	Black chana	Sambar	Shahi Paneer

Vegetable	Bhindi Do Pyaza	Paneer Bhujji	Khatta Meetha Petha	Idli	Dal Makhani
Chapati	Butter Roti	Butter Roti	Butter Roti	Veg Uttapam	Butter Roti
Rice	Plain Rice	Jeera Rice	Onion Rice	Curd Rice	Veg Pulao
Salad Bar	Russian Salad & Green Salad	Green Salad & Onion salad	Green Salad & Coleslaw salad	Coconut & Tomato Chutney	Corn Chaat & Onion Salad
Dessert/ Curd	Fruit Custard	Papdi Chaat	Moong Dal Halwa	Sweet Dry Saviyan	Gujiya
Drink	Fresh Lime water	Mint Fresh Lime water	Flavored Lassi	Fresh Lime water	Aam Panna
EVENING SNACK					
Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk
Snack	Macrony	Veg. Poha	Maxican Sweet Corn	Kathi Roll	French Fries
Fruit	Papaya	Banana	apple	Pears	Banana
DATE	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
DAYS	MON	TUE	WED	THU	FRI
BREAKFAST					
Milk	DIWALI BREAK				Hot Milk & Cold Milk
Cereals					Chocos
Bread					Brown Bread
Butter/Jam					Butter/Jam
Hot Savoury					Mix Veg Masala Idli
Fruit/Sweet					Banana
LUNCH					
Dal	DIWALI BREAK				Veg Manchurian
Vegetable					Honey Chilli Potato
Chapati					Hakka Noodles
Rice					Fried Rice
Salad Bar					Vinaigrette Salad
Dessert/ Curd					Cup Cake
Drink					Mojito
EVENING SNACK					
Milk	DIWALI BREAK				Bournvita Milk
Snack					Mexican Sweet Corn
Fruit					Banana

DATE	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
DAYS	MON				
BREAKFAST					
Milk	Hot Milk & Cold Milk	Hot Milk & Cold Milk	Hot Milk & Cold Milk	Hot Milk & Cold Milk	Hot Milk & Cold Milk
Cereals	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Chocos
Bread	Brown Bread	Brown Bread	Brown Bread	Brown Bread	Brown Bread
Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam	Butter/Jam
Hot Savoury	Pav Bhaji	Aloo Parantha With Butter & Pickle	Matar Wheat Kulcha	Cheese Corn Sandwich	Moong Dal Chila With Paneer Stuffing & Green Chutney
Fruit/Sweet	Banana	Apple	Pears	Papaya	Banana
LUNCH					
Dal	Yellow Dal Tadka	Pindi Chole	Kadhi Pakora	Sambar	Veg Tacos
Vegetable	Kurkuri Bhindi	Nutrela Mattar	Mix Veg	Idili	Mexican Rice
Chapati	Butter Roti	Butter Roti	Butter Roti	Veg Uttapam	Guacamole
Rice	Veg Pulao	Steamed Rice	Jeera Rice	Lemon Rice	Mexican Vegetable With Romesco Sauce
Salad Bar	Russian Salad & Green Salad	Green Salad And Coleslaw Salad	Green Salad & Onion Salad	Coconut & Tomato Chutney	Greek Salad/Caesar Salad
Dessert/ Curd	Mix Vegetable Raita	Boondi Raita	Suji Halwa	Vermicelli Payasam Kheer	Ice-Cream With Chocolate Syrup
Drink	Fresh Lime Water	Mint Fresh Lime Water	Aam Panna	Fresh Lime Water	Mojito
EVENING SNACK					
Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk	Bournvita Milk
Snack	Macrony	Veg. Poha	Besan Chilla	Kathi Roll	French Fries
Fruit	Banana	Apple	Pears	Papaya	Banana