

**HXLS -SEC 64  
LUNCH MENU, NOVEMBER -2025**

DATE	3-Nov-25	4-Nov-25	5-Nov-25	6-Nov-25	7-Nov-25	8-Nov-25
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Sambhar	Choley,Ghobi Aloo	Guru Nanak Jayanti	Kadhi Pakoda	Bhaji,Pao	
	Idli & Vada	Green Salad		Gajar Matar	Mix Sprouts salad	working
	Coconut Chutney	Rice, 10% Ragi Roti		Green Salad	Veg Biryani	
	Lemon Rice	Kadha Prasad		Rice,10% jowar Roti	Mint Raita,Whole Fruit	
	Nutritive Calculation Energy- 679.06Kcal Carb- 74.38gm Protein- 31.18gm Fat- 29.94gm Calcium- 124.08mg Iron- 6.14mg Magnesium- 156.84mg	Nutritive Calculation Energy- 525.77Kcal Carb- 90.58gm Protein- 17.56gm Fat- 24.72gm Calcium- 98.04mg Iron- 5.35mg Magnesium- 145.22mg		Nutritive Calculation Energy- 505.8Kcal Carb- 78.94gm Protein- 16.36gm Fat- 12.7gm Calcium- 90.75mg Iron- 4.88mg Magnesium- 125.67mg	Nutritive Calculation Energy- 600.15Kcal Carb- 2.6gm Protein- 18gm Fat- 20.54gm Calcium- 103.01mg Iron- 4.17mg Magnesium- 130.56mg	
DATE	10-Nov-25	11-Nov-25	12-Nov-25	13-Nov-25	14-Nov-25	15-Nov-25
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Rajma,Bhindi do Pyaza	Rasa Aloo	Arhar Dal,Kadhai Paneer	Ghiya Kofta,Soya Keema Mattar	Honey Chilli Potatoes	
	Green Salad	Sookha Kala Channa	Chickpeas Salad	Stick Salad	Vegetable Noodles	
	Jeera Rice, 10% jowar roti	Cucumber Salad	Rice,10% jowar roti	Rice,10% jowar roti	Vegetable Manchurian	
	Kheera Raita	Rice,Palak poori	Veg Clear Soup	Fryums	Slider Burgers,Brownie	
	Nutritive Calculation Energy- 549.95Kcal Carb- 76.12gm Protein- 16.96gm Fat- 21.1gm Calcium- 237.38mg Iron- 6.24mg Magnesium- 172.14mg	Nutritive Calculation Energy- 502.34Kcal Carb- 70.97gm Protein- 12.76gm Fat- 17.41gm Calcium- 75.4mg Iron- 3.41mg Magnesium- 108.4mg	Nutritive Calculation Energy- 736.96Kcal Carb- 107.07gm Protein- 32.11gm Fat- 18.17gm Calcium- 325.29mg Iron- 10.65mg Magnesium- 190.57mg	Nutritive Calculation Energy- 714.54Kcal Carb- 87.73gm Protein- 33.42gm Fat- 24.34gm Calcium- 188.55mg Iron- 11.47mg Magnesium- 101.91mg		
DATE	17-Nov-25	18-Nov-25	19-Nov-25	20-Nov-25	21-Nov-25	22-Nov-25
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Matra,wheat Kulcha	Rasa Kala Channa	Kadhi Pakoda	Rajma,Methi Aloo	Dhabba Dal,Kurkuri Bhindi	
	Veg Pulao,Green Salad	Paneer Bhurji	Soya (Nuggets) Mattar - Semi Gravy	Cucumber Salad	Green Salad	working for MP
	Mint Raita	Rice,Betroot Roti	Rice, Ragi 10% roti	Rice,Jowar 10% roti	Rice,Ragi 10% roti	
	Lemon Corriander Soup	Fryums	Bhelpuri,Whole Fruit	Papad	Gulab Jamun	
	Nutritive Calculation Energy- 539.98Kcal Carb- 62.09gm Protein- 16.04gm Fat- 22.86gm Calcium- 135.33mg Iron- 7.61mg Magnesium- 155.38mg	Nutritive Calculation Energy- 540.81Kcal Carb- 76.86gm Protein- 14.45gm Fat- 20.34gm Calcium- 116.01mg Iron- 4.41mg Magnesium- 124.35mg	Nutritive Calculation Energy- 717.56Kcal Carb- 107.26gm Protein- 36.3gm Fat- 14.29gm Calcium- 215.4mg Iron- 11.42mg Magnesium- 113.23mg	Nutritive Calculation Energy- 529.95Kcal Carb- 82.23gm Protein- 15.86gm Fat- 13.62gm Calcium- 139.05mg Iron- 5.58mg Magnesium- 132.12mg	Nutritive Calculation Energy- 621.88Kcal Carb- 94.65gm Protein- 19.52gm Fat- 17.05gm Calcium- 202.45mg Iron- 4.42mg Magnesium- 101.86mg	
DATE	24-Nov-25	25-Nov-25	26-Nov-25	27-Nov-25	28-Nov-25	29-Nov-25
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Dal Makhni,Shahi Paneer	Sambhar	Lobhiya,Lagalipta Aloo	Panchmael Dal	Green Thai Curry	
	Corn Salad	Idli & Vada	Cucumber & Beetroot Salad	Palak Corn,Three Beans Salad	Stir Fry Vegetables	working for JP
	Rice,Roti	Coconut Chutney	Rice,Roti	Veg Pulao,Jowar 10% roti	Garlic Rice	
	Fryums	Tomato Rice	Mix Veg Raita	Minestone Soup	Fruit Yogurt	
	Nutritive Calculation Energy- 742.45Kcal Carb- 92.98gm Protein- 25.53gm Fat- 28.3gm Calcium- 294.11mg Iron- 5.59mg Magnesium- 191.31mg	Nutritive Calculation Energy- 885.24Kcal Carb- 102.93gm Protein- 31.61gm Fat- 38gm Calcium- 132.7mg Iron- 6.91mg Magnesium- 132.26mg	Nutritive Calculation Energy- 554.48Kcal Carb- 86.36gm Protein- 16.92gm Fat- 15.81gm Calcium- 189.96mg Iron- 5.62mg Magnesium- 165.91mg	Nutritive Calculation Energy- 797.1Kcal Carb- 107.95gm Protein- 29.13gm Fat- 26.49gm Calcium- 216.26mg Iron- 9.85mg Magnesium- 245.71mg		