

| HXLS -SEC 64              |  |   |   |  |   |           |
|---------------------------|--|---|---|--|---|-----------|
| LUNCH MENU, DECEMBER 2025 |  |   |   |  |   |           |
| DATE                      | 1-Dec-25   | 2-Dec-25  | 3-Dec-25  | 4-Dec-25   | 5-Dec-25  | 6-Dec-25  |
| DAY                       | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
| MENU                      | Rasa Aloo, Khatta Meetha Kadisu, Beetroot & Palak Poori, Sooji Halwa   | Kala Channa Gravy, Beans Aloo, Roti (10% Jowar), Rice, Mix Veg Raita , Green Salad                                  | Sambhar,Uttapam & Vada, Coconut Chutney, Tomato Rice, Cucumber & Beetroot Salad   | Stuffed Paneer Kulcha, Roasted Mitrha Salad, Veg Pulao, Mint Raita, Whole Fruit                                    | Macaroni Hotpot, Dal Kolhap,Coriander & Mint Chutney,Garlic Bread,Hot Chocolate                                     |           |
|                           | Nutritive Calculation Energy-619.14Kcal Carb-65.04gm Protein-8.51gm Fat-32.86gm Ca-45.04mg Fe-3mg Mg-87.09mg       | Nutritive Calculation Energy-507.3Kcal Carb-77.91gm Protein-16.81gm Fat-14.7gm Ca-187.57mg Fe-5.53mg Mg-135.85mg    | Nutritive Calculation Energy-664.25Kcal Carb-84.65gm Protein-28.67gm Fat-25.78gm Ca-156.08mg Fe-5.72mg Mg-162.08mg            | Nutritive Calculation Energy-664.79Kcal Carb-93.88gm Protein-20.32gm Fat-18.58gm Ca-303.89mg Fe-5.83mg Mg-141.94mg | Nutritive Calculation Energy-629Kcal Carb-79.69gm Protein-23.61gm Fat-26.64gm Ca-278.29mg Fe-4.65mg Mg-104.95mg     |           |
| DATE                      | 8-Dec-25   | 9-Dec-25  | 10-Dec-25   | 11-Dec-25  | 12-Dec-25   | 13-Dec-25 |
| DAY                       | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
| MENU                      | Arhar Dal, Methi Aloo, Beetroot Roti, Rice, Cucumber Salad, Sweet Corn Soup  | Bhindi do Pyaza, Panchmeed Dal, Beetroot Roti, Rice, Chickpeas Salad, Atta Halwa                                    | Kadhi Pakoda, Mtr Veg, Roti, Rice Green salad Lemonade with Mint & Basil Seeds<br><i>(Internal Remarks: Room Temperature)</i> | Dal Makhni, Khatta Meetha Kadisu, Stick Salad, Palak Roti, Rice, Lemon Coriander Soup                              | Choley, Gajar Mattar, Green Salad, Roti (10% Ragl), Rice, Bathua Raita  |           |
|                           | Nutritive Calculation Energy-563.87Kcal Carb-90.42gm Protein-20.58gm Fat-11.63gm Ca-154.46mg Fe-7.19mg Mg-127.21mg | Nutritive Calculation Energy-796.82Kcal Carb-118.27gm Protein-29.46gm Fat-25.79gm Ca-144.59mg Fe-7.14mg Mg-213.27mg | Nutritive Calculation Energy-528.92Kcal Carb-83.65gm Protein-15.4gm Fat-13.58gm Ca-110.04mg Fe-3.65mg Mg-119.71mg             | Nutritive Calculation Energy-606.09Kcal Carb-89.2gm Protein-16.7gm Fat-18.45gm Ca-101.38mg Fe-4.42mg Mg-135.47mg   | Nutritive Calculation Energy-501.27Kcal Carb-75.03gm Protein-16.63gm Fat-14.73gm Ca-202.95mg Fe-5.11mg Mg-169.3mg   |           |
| DATE                      | 15-Dec-25  | 16-Dec-25   | 17-Dec-25   | 18-Dec-25  | 19-Dec-25   | 20-Dec-25 |
| DAY                       | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
| MENU                      | Dhabba Dal, Palak Paneer ,Roti, Rice, Green Salad, Gajar Halwa   | Moong Masoor Dal, Gobi Aloo, Beetroot Roti, Rice, Kala Channa Salad   | Rajma, Gajar Mattar, Palak Roti, Rice ,Mix Veg Raita , Green Salad  | Sambhar, Veg Joli & Vada, Tomato Chutney, Coconut Chutney, Lemon Rice, Payasam                                     | Paneer Lababdar, Jeera Aloo, Roti (10% Jowar), Rice, Stick Salad, Boondi Raita                                      |           |
|                           | Nutritive Calculation Energy-780.11Kcal Carb-100.44gm Protein-22gm Fat-22.15 gm Ca-312.98mg Fe-6.59mg Mg-173.78mg  | Nutritive Calculation Energy-610Kcal Carb-95.22gm Protein-23.87gm Fat-13.14gm Ca-110.19mg Fe-5.43mg Mg-163.08mg     | Nutritive Calculation Energy-513.89Kcal Carb-78.58gm Protein-17.34gm Fat-15.76gm Ca-195.76mg Fe-5.05mg Mg-141.72mg            | Nutritive Calculation Energy-866.83Kcal Carb-99.93gm Protein-35.83gm Fat-36.96gm Ca-179.73mg Fe-5.26mg Mg-198.11mg | Nutritive Calculation Energy-579.87Kcal Carb-74.37gm Protein-17.75gm Fat-29.84gm Ca-331.13mg Fe-4.26mg Mg-126.35mg  |           |
| DATE                      | 22-Dec-25  | 23-Dec-25   | 24-Dec-25   | 25-Dec-25  | 26-Dec-25   | 27-Dec-25 |
| DAY                       | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
| MENU                      | Choley, Aloo Capsicum ,Roti, Rice Bathua Raita, Salad ,Whole Fruit   | Dal Palak, Shahi Paneer ,Roti (10% Ragl), Rice ,Kuchumber Salad ,Fryums   | Veg Noodles, Veg Fried Rice, Veg Manchurian, Stir Fry Veg in Butter Garlic Sauce Sweet Corn Soup                              | HOLIDAY  | Lobhya, Aloo Gobi, ,Roti (10% Jowar), Rice, Mik Sprouts Salad Brownie   |           |
|                           | Nutritive Calculation Energy-554.7Kcal Carb-86.7gm Protein-15.61gm Fat-14.75gm Ca-181.82mg Fe-4.18mg Mg-160.91mg   | Nutritive Calculation Energy-758.73Kcal Carb-97.81gm Protein-28.82gm Fat-26.5gm Ca-300.82mg Fe-6.33mg Mg-222.5mg    | Nutritive Calculation Energy-514.2Kcal Carb-69.59gm Protein-110.75gm Fat-21.32gm Ca-83.39mg Fe-1.83mg Mg-67.39mg              |  | Nutritive Calculation Energy-853.05Kcal Carb-125.52gm Protein-28.64gm Fat-19.07gm Ca-164.32mg Fe-8.91mg Mg-230.14mg |           |
| DATE                      | 29-Dec-25  | 30-Dec-25   | 31-Dec-25   |  |   |           |
| DAY                       | MONDAY   | TUESDAY   | WEDNESDAY   |  |   |           |
| MENU                      | Black Masoor Dal, Kadhal Paneer, Beetroot Roti, Rice , Stick Salad, Tomato Soup with Croutons                      | Kadhi Pakoda, Palak Corn, Roti (10% Jowar), Rice, Three Beans Salad, Aplam Papad                                    | OFF   |  |   |           |
|                           | Nutritive Calculation Energy-683.16Kcal Carb-97.03gm Protein-26.72gm Fat-17.24gm Ca-273.06mg Fe-6.27mg Mg-183.98mg | Nutritive Calculation Energy-620.04Kcal Carb-95.98gm Protein-22.25gm Fat-14.9gm Ca-153.22mg Fe-7.15mg Mg-207.57mg   |   |  |   |           |