

HXLS -SEC 64 LUNCH MENU. January -2026								
DATE	29-Dec-25	30-Dec-25	31-Dec-25	01-Jan-26	02-Jan-26	03-Jan-26		
DAY	Thursday	Friday	Saturday	THURSDAY	FRIDAY	SATURDAY		
MENU			OFF	OFF	OFF			
DATE	05-Jan-26	06-Jan-26	07-Jan-26	08-Jan-26	09-Jan-26	10-Jan-26		
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
MENU	Palak Paneer, Gajar Matar , Jowar10% Roti, Rice, Salad, Soup	Veg Idli, Sambhar, Vada, Coconut Chutney, Tomato Rice,Papadam	Dal Makhani, Mix Veg, Beetroot roti, Rice,Jeera Raita, Salad, Fruit Custard	Chana Curry , Palak Corn , Jowar10% Roti, Rice, Mix Veg Raita, Green Salad	Makki Ki Roti , Sarson ka Saag, Veg Biryani, Chickpea Salad, Gajar Halwa	Taco Wrap(with Red Beans), Falafel, Hummus,Pita Bread, Minestrone Soup , Stir Fried Veggies		
	Nutritive Calculation Energy-499.42 Kcal Carb-73.19 gm Protein-16.33gm Fat- 14.46gm Ca-270.59mg Fe- 6.04mg Mg- 127.98mg	Nutritive Calculation Energy-674.88 Kcal Carb-74.67gm Protein-27.62gm Fat- 30.74gm Ca-118.53mg Fe- 5.32mg Mg- 129.85mg	Nutritive Calculation Energy-422.36 Kcal Carb-43gm Protein-14.54gm Fat- 20.16gm Ca-146.1mg Fe- 3.39mg Mg- 120.01mg	Nutritive Calculation Energy-537.97 Kcal Carb-76.55gm Protein-17.8gm Fat- 16.37gm Ca-287.74mg Fe- 8.67mg Mg- 188.22mg	Nutritive Calculation Energy-704.49 Kcal Carb-77.12 gm Protein-16.05gm Fat- 28.76gm Ca-239.81mg Fe- 6.5mg Mg- 211.42mg	Nutritive Calculation Energy-830.81 Kcal Carb-83.34gm Protein-27.02gm Fat- 32.48gm Ca-400.23mg Fe- 9.38mg Mg- 222.65mg		
DATE	12-Jan-26	13-Jan-26	14-Jan-26	15-Jan-26	16-Jan-26	17-Jan-26		
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
MENU	Gobhi Paratha, Kathal Biryani , Bathua Raita, Sprouts Salad, Gur til ka Laddoo	Kulche Chole Veg Pulao, Mint Raita, Sabudana Papad, Green Salad	Dal Dhaba, Methi Aloo, Ragi10% Roti, Rice, Boondi Raita, Salad	Moong Masoor Dal, Choliya Paneer , Ragi 10% Roti , Rice , Papad	Thai curry . Steamed Rice, Arhar Dal. Stir Fried Veggies, Soup			
	Nutritive Calculation Energy-666.13 Kcal Carb-71.67gm Protein-20.56gm Fat- 31.96gm Ca-429.79mg Fe- 7.03mg Mg- 248.65mg	Nutritive Calculation Energy-501.93 Kcal Carb-56.29gm Protein-15.27gm Fat- 22.91gm Ca-190.69mg Fe- 5.13mg Mg- 119.94mg	Nutritive Calculation Energy-543.55 Kcal Carb-82.92gm Protein-20.07gm Fat- 14.35gm Ca-204.75mg Fe- 5.16mg Mg- 122.27mg	Nutritive Calculation Energy-755.26 Kcal Carb-97.06gm Protein-28.46gm Fat- 33.24gm Ca-252.73mg Fe- 6.2mg Mg- 149.56mg	Nutritive Calculation Energy-566.24 Kcal Carb-84.76gm Protein-16.89gm Fat- 19.05gm Ca-109.14mg Fe- 3.53mg Mg- 97.55mg			
DATE	19-Jan-26	20-Jan-26	21-Jan-26	22-Jan-26	23-Jan-26	24-Jan-26		
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
MENU	Kadhi Palak Pakoda, Beans Aloo , Jowar10% Roti , Rice , Green Salad, Fryums	Vada, Uttapam with Red Chutney, Sambhar , Coconut Chutney , Tomato Rice , Tempered salad	Lobia Curry , Mix Veg , Palak Roti , Rice , Garden Salad, Boondi Raita, Gur Patti	Arhar Dal, Methi Aloo, Beetroot Roti , Rice, Salad, Tomato Soup	Tricolour Poori (palak,beetroot,norml), Aloo Rassa, Tricolour Rice(carrot&matar), Khatta Meetha Kaddu , Three Beans Salad , Gajar Halwa			
	Nutritive Calculation Energy-576.69 Kcal Carb-83.51 gm Protein-16.17gm Fat- 18.44gm Ca-82.23mg Fe-4.5mg Mg- 124.72mg	Nutritive Calculation Energy-529.89Kcal Carb-71.02gm Protein-20.67gm Fat- 21.25gm Ca-111.3mg Fe- 3.12mg Mg- 112.88mg	Nutritive Calculation Energy-555.02 Kcal Carb-74.52gm Protein-17.23gm Fat- 20.71gm Ca-205.83mg Fe- 4.9mg Mg- 138.29mg	Nutritive Calculation Energy-625.25 Kcal Carb-90.64gm Protein-20.02gm Fat- 16.9gm Ca-151.94mg Fe- 6.08mg Mg- 143.16mg	Nutritive Calculation Energy-837.92 Kcal Carb-98.75gm Protein-17.56gm Fat- 32.59gm Ca-173.14mg Fe- 5.36mg Mg- 175mg			
DATE	26-Jan-26	27-Jan-26	28-Jan-26	29-Jan-26	30-Jan-26	31-Jan-26		
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
MENU	OFF	Dal Palak, Gajar Matar Aloo, Ragi10% Roti, Rice, Mix Salad, Vegetable Soup	Rajmah ,Jeera Aloo , Ragi10% Roti, Rice, Salad, Bathua Raita	Paneer Bhurji, Panchemel Dal, Ragi 10% ajwain roti, jeera rice, Stickssalad, sweet corn soup	Macroni Hotpot , Paneer Cheese stuffed cutlets, Garlic Bread , Mexican Salad, Chocolate Muffin	Choley Bhatura , Peas Pulao , Cumin Raita, Pickle , Gur ki Patti		
		Nutritive Calculation Energy-573.83 Kcal Carb-95.54gm Protein-21.8gm Fat- 10.02gm Ca-121.1mg Fe- 5.87mg Mg- 179.45mg	Nutritive Calculation Energy-521.61 Kcal Carb-77.33gm Protein-15.83gm Fat- 15.38gm Ca-179.1mg Fe- 4.36mg Mg- 167.22mg	Nutritive Calculation Energy-698.7 Kcal Carb-92.22gm Protein-25.93gm Fat- 23.73gm Ca-296.36mg Fe- 4.51mg Mg- 125.68mg	Nutritive Calculation Energy-798.5 Kcal Carb-131.16gm Protein-26.28gm Fat- 18.98gm Ca-168.15mg Fe- 7.99mg Mg- 117.17mg	Nutritive Calculation Energy-724.78 Kcal Carb-83.84gm Protein-20.49gm Fat- 32.98gm Ca-410.13mg Fe- 7.24mg Mg- 186.1mg		