

| <b>HXLS - SEC 64</b><br><b>LUNCH MENU February - 2026</b> |                                                                                                                                                     |                                                                                                                                                     |                                                                                                                                                    |                                                                                                                                                   |                                                                                                                                                      |                                                                                                                                                     |  |  |
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| DATE                                                      | 02-Feb-26                                                                                                                                           | 03-Feb-26                                                                                                                                           | 04-Feb-26                                                                                                                                          | 05-Feb-26                                                                                                                                         | 06-Feb-26                                                                                                                                            | 07-Feb-26                                                                                                                                           |  |  |
| DAY                                                       | MONDAY                                                                                                                                              | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                                               | SATURDAY                                                                                                                                            |  |  |
| MENU                                                      | Makki Ki Roti , Sarson ka Saag, Veg Biryani, Chickpea Salad, Soup                                                                                   | Kali Masoor Dal, Gobhi Aloo, Jowar 10% Roti, Jeera Rice, Stick Salad                                                                                | Dal Makhani, Beans Aloo, Palak Roti , Steamed Rice, Green Salad                                                                                    | Kadhi Palak, Gajar Matar, Jowar 10% Roti, Jeera Rice, Veg Soup                                                                                    | Noodles, Veg Manchurian, Fried Rice, Chilly Paneer , Brownie                                                                                         |                                                                                                                                                     |  |  |
|                                                           | Nutritive Calculations<br>Energy –539.14 kcal<br>Carb –58.83 g<br>Protein –13.99 g<br>Fat –26.65 g<br>Ca –234.57 mg<br>Fe –6.92 mg<br>Mg –202.22 mg | Nutritive Calculations<br>Energy –587.71 kcal<br>Carb –85.7 g<br>Protein –19.45 g<br>Fat –16.79 g<br>Ca –66.56 mg<br>Fe –4.83 mg<br>Mg –151.28 mg   | Nutritive Calculations<br>Energy –561.24 kcal<br>Carb –78.46 g<br>Protein –17.34 g<br>Fat –18.37 g<br>Ca –83.53 mg<br>Fe –4.38 mg<br>Mg –146.51 mg | Nutritive Calculations<br>Energy –556.9 kcal<br>Carb –83.23 g<br>Protein –15.99 g<br>Fat –16.49 g<br>Ca –89.48 mg<br>Fe –4.94 mg<br>Mg –115.29 mg | Nutritive Calculations<br>Energy –946.68 kcal<br>Carb –135.41 g<br>Protein –23.65 g<br>Fat –32.95 g<br>Ca –281.12 mg<br>Fe –4.45 mg<br>Mg –112.29 mg | Nutritive Calculations<br>Energy –830.81 kcal<br>Carb –83.34 g<br>Protein –27.02 g<br>Fat –42.62 g<br>Ca –400.23 mg<br>Fe –9.38 mg<br>Mg –222.65 mg |  |  |
| DATE                                                      | 09-Feb-26                                                                                                                                           | 10-Feb-26                                                                                                                                           | 11-Feb-26                                                                                                                                          | 12-Feb-26                                                                                                                                         | 13-Feb-26                                                                                                                                            | 14-Feb-26                                                                                                                                           |  |  |
| DAY                                                       | MONDAY                                                                                                                                              | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                                               | SATURDAY                                                                                                                                            |  |  |
| MENU                                                      | Rajmah , Jeera Aloo, Jowar 10% Roti, Rice, Boondi Raita, Salad                                                                                      | Panchmel Dal, Methi Aloo, Jowar 10% Roti, Steamed Rice, Green Salad                                                                                 | Uttapam , vada, Sambhar, Tomato Rice, Coconut Chutney , Pappadam                                                                                   | Moong Masoor Dal, Palak Corn, Ragi 10% Roti , Jeera Rice, Garden Salad                                                                            | Mix Veg Parantha, Aloo Tomato sabzi, Veg Pulao, Mint Raita, Gajar Halwa                                                                              | Off                                                                                                                                                 |  |  |
|                                                           | Nutritive Calculations<br>Energy –580.14 kcal<br>Carb –79.37 g<br>Protein –17.3 g<br>Fat –21.21 g<br>Ca –179.38 mg<br>Fe –5.05 mg<br>Mg –132.1 mg   | Nutritive Calculations<br>Energy –502.99 kcal<br>Carb –78.81 g<br>Protein –17.31 g<br>Fat –11.89 g<br>Ca –123.92 mg<br>Fe –6.25 mg<br>Mg –126.72 mg | Nutritive Calculations<br>Energy –715.49 kcal<br>Carb –86.42 g<br>Protein –28.6 g<br>Fat –30.52 g<br>Ca –144.13 mg<br>Fe –5.48 mg<br>Mg –149.86 mg | Nutritive Calculations<br>Energy –573.3 kcal<br>Carb –81.95 g<br>Protein –17.96 g<br>Fat –17.95 g<br>Ca –128.12 mg<br>Fe –5.5 mg<br>Mg –148.17 mg | Nutritive Calculations<br>Energy –692.54 kcal<br>Carb –70.16 g<br>Protein –13.56 g<br>Fat –31.35 g<br>Ca –264.68 mg<br>Fe –3.32 mg<br>Mg –95.79 mg   |                                                                                                                                                     |  |  |
| DATE                                                      | 16-Feb-26                                                                                                                                           | 17-Feb-26                                                                                                                                           | 18-Feb-26                                                                                                                                          | 19-Feb-26                                                                                                                                         | 20-Feb-26                                                                                                                                            | 21-Feb-26                                                                                                                                           |  |  |
| DAY                                                       | MONDAY                                                                                                                                              | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                                               | SATURDAY                                                                                                                                            |  |  |
| MENU                                                      | Lobhia Curry, Chatpata Jeera Aloo, Roti, Jeera Rice, Green Salad                                                                                    | Dal Makhani , Mix Veg , Ragi 10% Roti, Garden Salad, Gulab Jamun                                                                                    | Palak/Beetroot Poori, Aloo Rassa, Veg Biryani, Mint Raita , Sprout Salad                                                                           | Dal Dhaba, Gobhi Aloo Matar, Ragi 10% Roti, Jeera Rice, Minstrone Soup                                                                            | Macroni Hotpot, Paneer Cheese stuffed cutlets, Garlic Bread, Mexican Salad, Hot Chocolate                                                            | Off                                                                                                                                                 |  |  |
|                                                           | Nutritive Calculations<br>Energy –553.61 kcal<br>Carb –77.22 g<br>Protein –15.08 g<br>Fat –18.99 g<br>Ca –175.07 mg<br>Fe –6.17 mg<br>Mg –165.46 mg | Nutritive Calculations<br>Energy –543.76 kcal<br>Carb –55.04 g<br>Protein –17.89 g<br>Fat –26.88 g<br>Ca –342.03 mg<br>Fe –6.94 mg<br>Mg –212.6 mg  | Nutritive Calculations<br>Energy –629.03 kcal<br>Carb –66.71 g<br>Protein –16.9 g<br>Fat –31.3 g<br>Ca –193.28 mg<br>Fe –4.88 mg<br>Mg –159.62 mg  | Nutritive Calculations<br>Energy –616.82 kcal<br>Carb –87.1 g<br>Protein –18.46 g<br>Fat –20.27 g<br>Ca –71.49 mg<br>Fe –4.81 mg<br>Mg –116.53 mg | Nutritive Calculations<br>Energy –682.27 kcal<br>Carb –101.63 g<br>Protein –25.78 g<br>Fat –19.8 g<br>Ca –438.69 mg<br>Fe –6.09 mg<br>Mg –110.09 mg  |                                                                                                                                                     |  |  |
| DATE                                                      | 23-Feb-26                                                                                                                                           | 24-Feb-26                                                                                                                                           | 25-Feb-26                                                                                                                                          | 26-Feb-26                                                                                                                                         | 27-Feb-26                                                                                                                                            | 28-Feb-26                                                                                                                                           |  |  |
| DAY                                                       | MONDAY                                                                                                                                              | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                                               | SATURDAY                                                                                                                                            |  |  |
| MENU                                                      | Mix Leaf Parantha, Aloo Matar Gravy , Veg Pulao, Sookhi Moong Dal ( with tomato , onion tadka ), Curd                                               | Rajmah, Aloo Capsicum, Jowar 10% Roti, Rice, Mix Raita, Green Salad                                                                                 | Moong Masoor Dal, Mix Veg, Ragi 10% Roti, Jeera Rice, Stick Salad                                                                                  | Kulche Chole, Nutri Matar Pulao, Soup, Sabudana Papad, Garden Salad                                                                               | Mix of Veg and Plain Idli, Vada, Sambhar , Lemon Rice, Coconut Chutney, Kesari Halwa                                                                 | Off                                                                                                                                                 |  |  |
|                                                           | Nutritive Calculations<br>Energy –633.93 kcal<br>Carb –71.59 g<br>Protein –19.14 g<br>Fat –28.96 g<br>Ca –160.1 mg<br>Fe –5.2 mg<br>Mg –121.18 mg   | Nutritive Calculations<br>Energy –529.31 kcal<br>Carb –80.46 g<br>Protein –16.6 g<br>Fat –15.89 g<br>Ca –200.21 mg<br>Fe –6.16 mg<br>Mg –154.07 mg  | Nutritive Calculations<br>Energy –557.61 kcal<br>Carb –81.45 g<br>Protein –16.85 g<br>Fat –16.87 g<br>Ca –72.1 mg<br>Fe –3.85 mg<br>Mg –112.65 mg  | Nutritive Calculations<br>Energy –593.3 kcal<br>Carb –81.76 g<br>Protein –15.74 g<br>Fat –21.13 g<br>Ca –112.1 mg<br>Fe –4.66 mg<br>Mg –114.54 mg | Nutritive Calculations<br>Energy –958.58 kcal<br>Carb –107.74 g<br>Protein –35.66 g<br>Fat –42.2 g<br>Ca –138.25 mg<br>Fe –7.61 mg<br>Mg –159.25 mg  |                                                                                                                                                     |  |  |