

**HXLS - SEC 64
LUNCH MENU April 2026**

DATE	31-Mar-26	01-Apr-26	02-Apr-26	03-Apr-26	04-Apr-26	05-Apr-26
DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
MENU		Pav Bhaji, Biryani, Dahi Bhalla, Fryums, Sprout salad with Lemonade	Red Sauce Pasta , Cheese Corn Cutlet , Mexican Salad, Garlic Bread , Ice cream	Holiday		
		Nutritive Calculation Energy-607.08Kcal Carb-94.92gm Protein-18.81gm Fat-26.54gm Calcium-131.99mg Iron-3.49mg Magnesium-120.26mg	Nutritive Calculation Energy-591.55Kcal Carb-79.75gm Protein-20.01gm Fat-21.32gm Calcium-263.45mg Iron-3.97mg Magnesium-90.52mg			
DATE	06-Apr-26	07-Apr-26	08-Apr-26	09-Apr-26	10-Apr-26	11-Apr-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Rajma, Achari Arbi , Roti , Jeera Rice Green Salad, Jal Jeera	Moong Masoor Dal, Aloo Matar, Roti, Rice, Curd , Fruit	Shahi Paneer, Dal Dhaba , Roti, Jeera Rice, Mix Salad	Lauki Kofta, Mix Veg , Matar Pulao, Roti, Pudina Raita	Vada, Sambar, Coconut & Tomato Chutney, Tomato Rice, Rice Kheer	
	Nutritive Calculation Energy-345.54Kcal Carb-41.49gm Protein-11.84gm Fat-16.14gm Calcium-131.99mg Iron-4.87mg Magnesium-139.03mg	Nutritive Calculation Energy-344.35Kcal Carb-40.88gm Protein-13.64gm Fat-13.33gm Calcium-112.41mg Iron-4.45mg Magnesium-86.12mg	Nutritive Calculation Energy-693.62Kcal Carb-86.08gm Protein-24.55gm Fat-26.55gm Calcium-283.47mg Iron-5.61mg Magnesium-165.58mg	Nutritive Calculation Energy-575.83Kcal Carb-65.04gm Protein-15.97gm Fat-26.95gm Calcium-187.38mg Iron-5.64mg Magnesium-150.47mg	Nutritive Calculation Energy-685.57Kcal Carb-82.46gm Protein-25.64gm Fat-29.05gm Calcium-163.51mg Iron-5.26mg Magnesium-126.84mg	
DATE	13-Apr-26	14-Apr-26	15-Apr-26	16-Apr-26	17-Apr-26	18-Apr-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Choley (White) , Tinda Masala, Roti, Rice , Kada Prasad	Holiday	Panchmel Dal , Kurkuri Bhindi, Roti, Rice, Lassi	Kadhi Pakoda , Chatpate Jeera Aloo, Roti, Rice, Mint Lemonade	Veg Noodles, Veg Manchurian, Fried Rice, Chilli Paneer, Brownie	
	Nutritive Calculation Energy-714.5Kcal Carb-78.26gm Protein-21.99gm Fat-33.25gm Calcium-166.18mg Iron-6.08mg		Nutritive Calculation Energy-362.96Kcal Carb-39.17gm Protein-15.43gm Fat-15.37gm Calcium-231.51mg Iron-3.66mg	Nutritive Calculation Energy-539.87Kcal Carb-85.53gm Protein-15.19gm Fat-14.08gm Calcium-99.94mg Iron-4.47mg	Nutritive Calculation Energy-946.68Kcal Carb-135.41gm Protein-23.65gm Fat-32.95gm Calcium-281.12mg Iron-4.45mg	
DATE	20-Apr-26	21-Apr-26	22-Apr-26	23-Apr-26	24-Apr-26	25-Apr-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Rasedar Aloo, Khatta Meetha Kaddu, Poori, Jeera Raita, Sprouts Salad	Dal Makhani , Mix Veg, Roti, Rice ,Lauki Raita , Salad	Moong Dal, Paneer Lababdar, Roti, Jeera Rice, Stick Salad	Kali Masoor Dal , Bhindi Do Pyaza, Roti,Rice, Aam Panna	Thai Curry, Arhar Dal, Garlic / Plain Rice, Stir Fried Veggies , Fruit Custard	Aloo Gravy , Kachori, Methi Chutney, Papri Chaat, Salad, Jalebi
	Nutritive Calculation Energy-469.62Kcal Carb-50.04gm Protein-12.77gm Fat-23.08gm Calcium-140.41mg Iron-3.13mg Magnesium-125.38mg	Nutritive Calculation Energy-374.56Kcal Carb-43.07gm Protein-14.49gm Fat-15.04gm Calcium-133.86mg Iron-4.1mg Magnesium-116.32mg	Nutritive Calculation Energy-693.62Kcal Carb-86.08gm Protein-24.65gm Fat-26.55gm Calcium-283.47mg Iron-5.61mg Magnesium-165.58mg	Nutritive Calculation Energy-477.2Kcal Carb-77.79gm Protein-15.72gm Fat-11.04gm Calcium-108.18mg Iron-5.48mg Magnesium-117.06mg	Nutritive Calculation Energy-650.77Kcal Carb-87.24gm Protein-18.92gm Fat-21.44gm Calcium-192.75mg Iron-3.69mg Magnesium-111.8mg	Nutritive Calculation Energy-587.56Kcal Carb-57.69gm Protein-7.14gm Fat-35.75gm Calcium-87.47mg Iron-3.9mg Magnesium-43.45mg
DATE	27-Apr-26	28-Apr-26	29-Apr-26	30-Apr-26		
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
	Kala Chana Curry, Capsicum Aloo, Roti, Steamed Rice, Garden Salad	Mix Veg Parantha, Soya Veg Biryani, Sprouts Salad, Boondi Raita , Gulab Jamun	Chana Ghiya Dal, Paneer Bhurji , Roti, Rice, Green Salad	Rajma, Aloo Matar (Dry), Roti, Jeera Rice, Salad, Roohafza		
	Nutritive Calculation Energy-484.02Kcal Carb-74.4gm Protein-14.08gm Fat-13.25gm Calcium-119.93mg Iron-5.42mg Magnesium-135.23mg	Nutritive Calculation Energy-609.26Kcal Carb-79.01gm Protein-19.83gm Fat-23.76gm Calcium-237.29mg Iron-3.51mg Magnesium-119.82mg	Nutritive Calculation Energy-640.99Kcal Carb-87.03gm Protein-27.26gm Fat-19.19gm Calcium-276.25mg Iron-4.92mg Magnesium-141.81mg	Nutritive Calculation Energy-534.8Kcal Carb-75.31gm Protein-14.22gm Fat-18.31gm Calcium-120.86mg Iron-5.97mg Magnesium-137.98mg		