

**HXLS - SEC 64**

**LUNCH MENU March 2026**

DATE	02-Mar-26	03-Mar-26	04-Mar-26	05-Mar-26	06-Mar-26	07-Mar-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Palak Kadi , Gajar Matar, Jeera Rice, Roti, Garden Salad	Kulche, Chole, Nutri Matra Pulao, Sabudana Papad, Chaach, Salad, Gujia	HOLI	Shahi Paneer, Aloo Beans, Jeera Rice, Jowar 10% Roti, Kuchumbar Salad	Macroni Hotpot, Corn Spinach Cutlets, Garlic Bread, Mexican Salad, Hot Chocolate	
	NUTRITIVE CALCULATIONS Calories- 493.37 Kcal Carbohydrates- 77.92 gms Protein - 15.96gms Fats - 13gms Calcium - 92.8 mg Iron - 4.05 mg Magnesium - 122.35 mg	NUTRITIVE CALCULATIONS Calories- 703.33 Kcal Carbohydrates-83.35 gms Protein - 19.5 gms Fats - 32.71gms Calcium -317.7 mg Iron - 6.07 mg Magnesium - 129.14 mg		NUTRITIVE CALCULATIONS Calories- 535.18 Kcal Carbohydrates-69.21 gms Protein - 14.72 gms Fats - 21.6 gms Calcium -267.5 mg Iron - 4.97 mg Magnesium - 137.26 mg	NUTRITIVE CALCULATIONS Calories-647.4 Kcal Carbohydrates- 79.8 gms Protein - 21.8 gms Fats -26.72gms Calcium -128.91mg Iron - 6.08 mg Magnesium -58.85 mg	
DATE	09-Mar-26	10-Mar-26	11-Mar-26	12-Mar-26	13-Mar-26	14-Mar-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Rajmah, Kurkuri Bhindi , Rice, Jowar 10% Roti, Veg Mix Raita	Pao Bhaji, Veg Pulao, Dahi Bhalla, Fryums, Green Salad	Uttapam, Vada, Sambhar, Tamarind Rice with peanuts, Coconut Chutney, Kesari Halwa	Panchmel Dal, Paneer Bhurji , Steam Rice, Jowar 10% Roti, Salad	Thai Curry, Arhar Dal,Butter Garlic Rice & Plain Rice, Roti, Stir Fried Veg, Fruit Custard	Taco wrap ( Red Beans), Falafel, Hummus, Pita Bread, Stir fried Veggies , Minestrone Soup
	NUTRITIVE CALCULATIONS Calories-512.22 Kcal Carbohydrates- 76.62 gms Protein - 16.4gms Fats - 15.81gms Calcium -223.45mg Iron - 5.84 mg Magnesium - 164.8mg	NUTRITIVE CALCULATIONS Calories-591.18 Kcal Carbohydrates- 75.04 gms Protein - 13.23gms Fats -26.13gms Calcium -110.44 mg Iron -2.31mg Magnesium -67.8 mg	NUTRITIVE CALCULATIONS Calories- 925.86 Kcal Carbohydrates- 114.68 gms Protein - 32.59gms Fats - 37.78gms Calcium -258.22mg Iron -7.05 mg Magnesium -177.52 mg	NUTRITIVE CALCULATIONS Calories-605.89 Kcal Carbohydrates-82.4 gms Protein - 24.9gms Fats - 19.3gms Calcium -271.24 mg Iron -5.31 mg Magnesium - 121.4 mg	NUTRITIVE CALCULATIONS Calories-943.9 Kcal Carbohydrates- 109.18 gms Protein - 37.56 gms Fats -39.4gms Calcium -389.5mg Iron -9.68 mg Magnesium -193.22 mg	NUTRITIVE CALCULATIONS Calories-875.22 Kcal Carbohydrates-111.4 gms Protein - 32.2gms Fats - 33.1gms Calcium -552.3 mg Iron -12.5 mg Magnesium -230.9 mg
DATE	16-Mar-26	17-Mar-26	18-Mar-26	19-Mar-26	20-Mar-26	21-Mar-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Noodles, Manchurian, Fried Rice, Chilly Paneer, Brownie	Moong Masoor Dal, Gajar Methi, Rice, Ragi 10% Roti, Boondi Raita	Lobia Curry, Chatpata Jeera Aloo, Rice, Jowar 10% Roti, Curd	Pink Sauce Pasta,Cheese corn cutlet, Garlic Bread,Lemonade Fruit Chaat	Kali Masoor Dal , Gobhi Aloo Masala, Steam Rice, Jowar 10% Roti, Boondi Raita	Aloo Pyaz Parantha, Kathal Biryani, Boondi Raita , Gulab Jamun
	NUTRITIVE CALCULATIONS Calories-876.45 Kcal Carbohydrates-119.6 gms Protein - 25.1gms Fats -32.84 gms Calcium -279.49 mg Iron - 4.3 mg Magnesium -106.95 mg	NUTRITIVE CALCULATIONS Calories-531.21 Kcal Carbohydrates-78.5 gms Protein - 19.96gms Fats - 14.61gms Calcium -231.3 mg Iron -5.93 mg Magnesium - 121.45 mg	NUTRITIVE CALCULATIONS Calories-532.3 Kcal Carbohydrates- 78.9 gms Protein - 18.76 gms Fats -15.8 gms Calcium -185.8 mg Iron - 4.34 mg Magnesium - 132.35 mg	NUTRITIVE CALCULATIONS Calories- 502.26 Kcal Carbohydrates- 68.1 gms Protein - 17 gms Fats -17.8 gms Calcium - 58 mg Iron -1.77mg Magnesium -40.1 mg	NUTRITIVE CALCULATIONS Calories-550.87 Kcal Carbohydrates-80.05 gms Protein - 21.45gms Fats -16.18 gms Calcium -131.78 mg Iron - 4.51 mg Magnesium - 127.81 mg	NUTRITIVE CALCULATIONS Calories- 545.54 Kcal Carbohydrates-63.08 gms Protein -13.35 gms Fats -26.43 gms Calcium -238.42 mg Iron -2.19 mg Magnesium -57.54 mg
DATE	23-Mar-26	24-Mar-26	25-Mar-26	26-Mar-26	27-Mar-26	28-Mar-26
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU	Dal Palak, Ajwaini Arbi, Steam Rice, Jowar 10% Roti, Kaushambari Salad	Matar Paneer, Mix Veg , Rice, Jowar 10% Roti, Pineapple Raita	Poori, Chana, Aloo Rasa wala, Boondi Raita, Suji Halwa	Ram Navami	Idli Vada, Sambhar, Lemon Rice, Coconut Chutney, Tomato Chutney, Tempered Salad	
	NUTRITIVE CALCULATIONS Calories-577.3 Kcal Carbohydrates- 88.7 gms Protein -22.01gms Fats -14.9gms Calcium -131.75 mg Iron -6.85 mg Magnesium -198.14 mg	NUTRITIVE CALCULATIONS Calories-510.47 Kcal Carbohydrates-68.2 gms Protein - 18.3gms Fats - 18.04gms Calcium -239.44 mg Iron -3.89 mg Magnesium -94 mg	NUTRITIVE CALCULATIONS Calories-617.69 Kcal Carbohydrates-63.79 gms Protein - 18.53gms Fats - 31.2gms Calcium -151.22 mg Iron - 4.55 mg Magnesium - 113.9 mg		NUTRITIVE CALCULATIONS Calories-753.8 Kcal Carbohydrates- 79.1 gms Protein -32.78gms Fats -31.5 gm Calcium -309.8 mg Iron -6.9 mg Magnesium - 178.05 mg	
DATE	30-Mar-26	31-Mar-26				
DAY	MONDAY	TUESDAY				
	Arhar Dal, Methi Aloo, Jeera Rice, Jowar 10% Roti, Bathua Raita	Moong Masoor Dal, Capsicum Aloo, Rice, Roti, Curd, Salad				
	NUTRITIVE CALCULATIONS Calories- 453.4 Kcal Carbohydrates- 69.15 gms Protein -16.2 gms Fats - 13.2gms Calcium - 219.84 mg Iron - 7.82 mg Magnesium - 154.51 mg	NUTRITIVE CALCULATIONS Calories- 511.3 Kcal Carbohydrates-86.1 gms Protein - 20.5gms Fats - 9.5gms Calcium -140.37mg Iron - 4.72 mg Magnesium - 120.47 mg				