

**SECONDARY LUNCH MENU [11-15 MAY 2026]**

<b>WEEK 18</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SOUP</b>	Mushroom Soup	Cream of Spinach Soup	Clear Veg Soup	Creamy Tomato Soup	Cream of Veg Soup
<b>COMPOUND SALAD</b>	Shredded Veg Som Tam	Greek Salad	Kachumber	Caesars Salad	Panzanella
<b>SALAD BAR</b>	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce
	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
	Carrot	Beet	Carrot	Beet	Carrot
	Green Beans	Broccoli	Cauliflower	Grilled Bell Pepper	Grilled Zucchini
	Sunflower Seeds	Seed Mix	Pumpkin Seeds	Seed Mix	Sunflower Seeds
	Jalapeno	Olives	Gherkins	Olives	Pickled Onions
	Balsamic Vinaigrette	Herb Vinaigrette	Curry Leaf Vinaigrette	Chipotle Vinaigrette	Lemon Vinaigrette
	Caesars Dressing	Yoghurt Dressing	Thousand Island	Ranch Dressing	Honey Mustard Dressing
<b>MAINS</b>	Cauliflower Manchurian	Cottage Cheese & Vegetable Tagine	Achari paneer Masala	Vegetable parmigiana	Veg Chilli Con Carne
	Stir Fry Chicken & Veg in Garlic Sauce	Chicken & Vegetable Tagine	Chicken Rogan josh	Creamy Pesto Chicken (no nuts)	Grilled Chicken with BBQ Sauce
	Fried rice	Pomegranate & Mint Rice	Jeera Pulao	Penne in Tomato Basil Sauce	Garlic Bread
<b>DAILY STAPLES</b>	Steamed Rice	Steamed Rice	Steamed Rice	Steamed rice	Steamed Rice
	Moong dal Tadka	Radish Sambar	Chana Masala	Dal Fry	Dal Panchmel
	Curd	Curd	Curd	Curd	Curd
	Pudina Paratha	Roti	Chapati	Roti	Tawa Paratha
<b>DESSERTS</b>	Cut Fruit 2 varieties	Kesar Phirni	Cut Fruit 2 varieties	Cut Fruit 2 varieties	Chocolate Cake