

SECONDARY LUNCH MENU [1-5 JUNE 2026]					
WEEK 21	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Veg Wonton Soup	Green Pea soup	Tomato Shorba	Tom Yum Soup	Minestrone
COMPOUND SALAD	Japanese Potato Salad	Greek salad	Chickpea Sundal	Shredded Veg Salad with Sprouts	Pears & Arugula Salad
SALAD BAR	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce	Assorted Lettuce
	Carrot	Beets	Carrot	Beets	Carrot
	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
	Beets	Steamed Green Beans	Broccoli	Golden Corn	Mixed Bell Peppers
	Flax Seeds	Toasted Pumpkin Seeds	Toasted Pumpkin Seeds	Seed Mix	Toasted Sunflower Seeds
	Sliced Gherkins	Marinated Olives	Marinated Olives	Sliced Gherkins	Sliced Gherkins
	Herb Vinaigrette	Lemon Vinaigrette	Chipotle Vinaigrette	Orange Dressing	Balsamic Vinaigrette
	Honey Mustard Dressing	Yoghurt Dressing	Ranch Dressing	Thousand Island	Waldorf Dressing
MAINS	Stir Fry Veg & Asian Greens Miso Ginger	Grilled Veggie AOP	Butter Paneer	Stir Fry Veg & Asian Greens in Ginger Garlic sauce	Kerala Pepper Paneer
	Chicken in Soy Garlic sauce	Herb Grilled Chicken with Saffron sauce	Karnataka Koli Saaru	Chicken in Chilli bean sauce	Pepper Chicken
	Fried Rice	Penne Alfredo	Peas Pulao	Hakka Noodles	Jeera Rice
	Gochujang Cauliflower	Mushroom & Corn au gratin	Avial	Vegetable Manchurian	Methi Matar Malai
DAILY STAPLES	Steamed Rice	Steamed Rice	Steamed Rice	Steamed rice	Steamed Rice
	Dal Makhani	Chole Masala	Tomato Rasam	Dal Tadka	Rajma Masala
	Aloo Gobi	Mixed Veg Sabji	Homestyle Chicken Curry	Brinjal Fry	Egg Chilli
	Curd	Curd	Curd	Curd	Curd

	Chapati	Chapati	Chapati	Chapati	Chapati
DESSERTS	Cut Fruit 2 Varieties	Chocolate Mousse	Cut Fruit 2 Varieties	Cut Fruit 2 Varieties	Rava Kesari