

LUNCH MENU [7-11 SEPTEMBER 2026]					
WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
SALAD BAR	Cucumber, carrot, tomato, bell pepper, zucchini	Cucumber, carrot, tomato, bell pepper, zucchini	Cucumber, carrot, tomato, bell pepper, zucchini	Cucumber, carrot, tomato, bell pepper, boiled corn	Cucumber, carrot, tomato, bell pepper, radish
	Lettuce, baby spinach, iceberg lettuce	Lettuce, baby spinach, iceberg lettuce	Lettuce, baby spinach, iceberg lettuce	Lettuce, baby spinach, iceberg lettuce	Lettuce, baby spinach, iceberg lettuce
	Boiled Sprouts	Boiled Rajma	Boiled black Channa	Boiled Quinoa	Boiled Corn
	Honey Mustard Dressing	Lemon Dressing	Balsamic Dressing	Orange Dressing	Tzatziki Dressing
SOUP/COOLER	Tomato Shorba	Lemon & Chia Water	Cream of Mushroom	Lemon Mint cooler	Cream of Veg Soup
DAILY SPECIAL	Pasta Arrabbiata	Hakka Noodles	Vegetable Lasagne	Stir Fried Veggies in Oyster Sauce	Veg Tempura
MAIN 1 (VEG)	Korean Style Sautéed Vegetables	Burmese Vegetable Curry	Mashed Potato	Stir Fried Veggies in Oyster Sauce	Sautéed Veg in Curry Powder
MAIN 2 (NON-VEG)	Korean Fried Chicken	Burmese Chicken Curry	Chicken Drumsticks in Roast Gravy	Crumb Fried Fish	Butter Chicken
DAL	Rajma Masala	Moong Dal Tadka	Dal Palak	Channa Lauki Dal	Dal Makhani
RICE PREPARATION	Jeera Rice	Steamed Rice	Herb Rice	Steamed Rice	Plain Rice
CHAPATI PREPARATION	Tawa Paratha	Chapati	Ajwaini Roti	Chapati	Tawa Paratha
CURD	Curd	Tomato and Cucumber Raita	Buttermilk	Curd	Boondi Raita
DESSERT	Sevai Kheer	Fresh Cut Fruits	Gulab Jamun	Fresh Cut Fruits	Chocolate Mousse