



SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

MENU

AUGUST 2026 - BREAKFAST

**1-AUG**

Saturday

All: Puttu | Cherupayar Curry | Flavoured Juice

2-AUG

Sunday

All: Bread | Veg Stew | Boost

3-AUG

Monday

All: Idly | Sambar | Coconut Chutney | Tomato Chutney | Lime Juice

4-AUG

Tuesday

All: Rava Upma | Kadala Fry | Banana | Horlicks

5-AUG

Wednesday

All: Puttu | Cherupayar Curry | Cut Fruits | Mint Lime

6-AUG

Thursday

All: Croissant | Cornflakes & Milk

7-AUG

Friday

All: Bhatara | Chole Masala | Cut Fruits | Lime Juice

8-AUG

Saturday

All: Rava Upma | Kadala fry | Horlicks

9-AUG

Sunday

All: Masala Dosa | Coconut Chutney | Tomato Chutney | Lime Juice

10-AUG

Monday

All: Puttu | Kadala Curry | Cut Fruits | Flavoured Juice

11-AUG

Tuesday

All: Dosa | Sambar | Coconut Chutney | Tomato Chutney | Lime Juice

12-AUG

Wednesday

All: Appam | Green Peas Masala | Boost

13-AUG

Thursday

All: Horlicks | Choco Syrup | Boiled Banana | Horlicks

Non-veg: Pan Cake**Veg:** Sandwich**14-AUG**

Friday

All: Bhatara | Chole Masala | Cut Fruits | Lime Juice

15-AUG

Saturday

All: Idly | Sambar | Coconut Chutney | Tomato Chutney | Lime Juice

16-AUG

Sunday

All: Puttu | Kadala Curry | Lime Juice

17-AUG

Monday

All: Veg Sandwich | French Fries | Cut Fruits | Ketchup | Boost

18-AUG

Tuesday

All: Puttu | Cherupayar Curry | Cut Fruits | Fresh Juice

19-AUG

Wednesday

All: Appam | Aloo Masala Curry | Boost

20-AUG

Thursday

All: Rava Upma | Kadala Fry | Banana | Horlicks

21-AUG

Friday

All: Bhatara | Chole Masala | Cut Fruits | Lime Juice

22-AUG

Saturday

All: Bread | Veg Stew | Boost

23-AUG

Sunday

All: Idly | Sambar | Coconut Chutney | Lime Juice

24-AUG

Monday

All: Chapati | Green Peas Masala | Boost

28-AUG

Friday

All: Puttu | Cherupayar Curry | Cut Fruits | Lime Juice

29-AUG

Saturday

All: Rava Upma | Kadala Fry | Banana | Horlicks

30-AUG

Sunday

All: Masala Dosa | Coconut Chutney | Tomato Chutney | Lime Juice

31-AUG

Monday

All: Bhatara | Chole Masala | Cut Fruits | Lime Juice



MENU - LUNCH



1-AUG Saturday All: Ghee Rice Raitha Pickle Semiya Payasam Veg Mappas	9-AUG Sunday All: Green Salad Ketchup Custard Non-veg: Chicken Noodles Veg: Veg Noodles
2-AUG Sunday All: Green Salad Ketchup Custard Non-veg: Chicken Noodles Veg: Noodles	10-AUG Monday All: Ghee Rice Biryani Chutney Raitha Pickle Ice Cream Non-veg: Egg Varuth Aracha Curry Veg: Soya Fry
3-AUG Monday All: Plain Rice Dal Spinach Curry Potato Mezukkupurati Pickle Pappad Semiya Payasam Non-veg: Omlet Veg: Soya Dry Fry	11-AUG Tuesday All: Kashmiri Pulao Chapati Raitha Pickle Pappadam Gulab Jamun Non-veg: Butter Chicken Veg: Paneer Butter Masala
4-AUG Tuesday All: Rice Kappa Puzhukku Raw Mango Veg Salad Pickle Pudding Non Veg: Nadan Chicken Curry Veg: Chef Special Veg Curry Packed Curd	12-AUG Wednesday All: Plain Rice Sambar Aviyal Pickle Puli Inchi Semiya Payasam
5-AUG Wednesday All: Rice Mango Drumstic Curry Thoran Pappad Pickle Payasam Non-veg: Fish Fry Veg: Paneer Tawa Fry Packed Curd	13-AUG Thursday All: Rice Mix Veg Theeyal Upperi Yellow Lime Pickle Payasam Non-veg: Fish Fry Veg: Soya Dry Fry Curd
6-AUG Thursday All: Chapati Flavoured Rice Kadai Veg Mixed Raitha Pickle Pappad Beetroot Halwa	14-AUG Friday All: White Cabbage Salad Mayonnaise Tomato Chutney Flavoured Yogurt Non-veg: Chicken Mandi Veg: Veg Mandhi Gopi 65
7-AUG Friday All: Raita Pickle Ice Cream Non-veg: Chettinad Chicken Biryani Veg: Paneer Biryani	15-AUG Saturday All: Plain Rice Pulisseri Kovakka Upperi Pickle Pappad Chammanthi Semiya Payasam
8-AUG Saturday All: Green Chilli Sauce Tomato Ketchup Cucumber Onion Tomato Salad Gulab Jamun Non-veg: Egg Fried Rice Veg: Veg Fried Rice	16-AUG Sunday All: Green Chilli Sauce Tomato Ketchup Cucumber Onion Tomato Salad Gulab Jamun Non-veg: Chicken Fried Rice Veg: Veg Fried Rice

17-AUG Monday All: Rice Mango Drumstic Curry Thoran Pappad Pickle Payasam Non-veg: Fish Fry Veg: Paneer Tawa Fry Packed Curd	24-AUG Monday All: Plain Rice Sambar Potato Mezhukkuvaratty Pickle Chilly Chutney Semiya Payasam
18-AUG Tuesday All: Plain Rice Mathan Payar Vazhakka Curry Thoran Pickle Pachamoru Chammanthi Payasam	28-AUG Friday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani
19-AUG Wednesday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani	29-AUG Saturday All: Rice Thoran Pappad Pickle Payasam Non-veg: Fish Mango Curry Veg: Chef Special Veg Curry Packed Curd
20-AUG Thursday Onasadhya	30-JUL Sunday All: Green Salad Ketchup Custard Non-veg: Chicken Noodles Veg: Veg. Noodles
21-AUG Friday All: Plain Rice Pickle Thoran Tendor Coconut Pudding Non-veg: Coconut Fish Curry Veg: Brinjal Pollichathu Packed Curd	31-JUL Monday All: Plain Rice Sambar Aviya Pickle Puli Inchi Semiya Payasam
22-AUG Saturday All: Plain Rice Pulissery Upperi Soya Roast Pappad Pickle Carrot Halwa	
23-AUG Sunday All: Ghee Rice Raitha Pickle Non-veg: Malabar Chicken Curry Veg: Cauliflower Masala Curd	



Fuel up for a day of learning with our delicious school meal menu!



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MENU - DINNER



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1-AUG | Saturday

All: Chapati | Potato Masala Curry | Veg. Salad

2-AUG | Sunday

All: Bhatura | Chole Masala | Salad

3-AUG | Monday

All: Appam | Veg. Mappas | Salad

4-AUG | Tuesday

All: Chapati | Soya Paneer Masala | Veg. Salad

5-AUG | Wednesday

All: Poori | Masala

6-AUG | Thursday

All: Green Chilli Sauce | Tomato Ketchup |
Cucumber Onion Tomato Salad |

Non-veg: Chicken Fried Rice

Veg: Veg Fried Rice

7-AUG | Friday

All: Dosa | Coconut Chutney | Tomato Chutney

Non-veg: Omlet

Veg: Paneer Tawa Fry

8-AUG | Saturday

All: Chapati | Potato Masala Curry | Veg. Salad

9-AUG | Sunday

All: Poori | Veg Mappas

10-AUG | Monday

All: Chapati | Salad | Veg. Moilee

11-AUG | Tuesday

All: Bhatura | Chole Masala | Salad

12-AUG | Wednesday

All: Seasonal Veggie Salad | Tomato Ketchup

Non-veg: Egg Noodles

Veg: Veg Noodles

13-AUG | Thursday

All: Dosa | Coconut Chutney | Tomato Chutney |
Soya Fry

14-AUG | Friday

All: Rice | Tomato Roast | Rasam | Upperi | Pickle | Pappadam

15-AUG | Saturday

All: Appam | Veg. Salad

Non-veg: Egg Roast

Veg: Chilly Paneer

16-AUG | Sunday

All: Poori | Veg Mappas

17-AUG Monday All: Bhatura Veg. Salad Non-veg: Egg Pepper Masala Veg: Aloo Mutter Masala	24-AUG Monday All: Dosa Coconut Chutney Tomato Chutney Non-veg: Omlet Veg: Paneer Tawa Fry
18-AUG Tuesday All: Green Chilli Sauce Tomato Ketchup Cucumber Onion Tomato Salad Non-veg: Chicken Fried Rice Veg: Veg Fried Rice	28-AUG Friday All: Dosa Coconut Chutney Tomato Chutney Soya Fry
19-AUG Wednesday All: Chapati Soya Paneer Masala Veg. Salad	29-AUG Saturday All: Poori Non-veg: Egg Masala Veg: Chilly Paneer
20-AUG Thursday All: Puttu Salad Non-veg: Egg Pepper Masala Veg: Veg. Mappas	30-JUL Sunday All: Chapati Soya Fry Veg. Salad
21-AUG Friday All: Appam Potato Masala Curry Salad	31-JUL Monday All: Appam Salad Non-veg: Malabar Chicken Curry Veg: Kadai Paneer
22-AUG Saturday All: Puttu Veg. Salad Non-veg: Pepper Chicken Veg: Aloo Mutter Masala	
23-AUG Sunday All: Puttu Kadala Curry Pappadam	

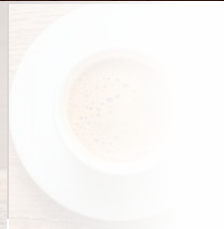
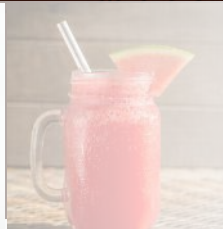
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MENU

SNACKS

MORNING SNACKS



SADHBHAVANA
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1-AUG

Saturday

Biscuits

2-AUG

Sunday

Cookies

3-AUG

Monday

Cake

4-AUG

Tuesday

Biscuits

5-AUG

Wednesday

Cookies

6-AUG

Thursday

Cake

7-AUG

Friday

Biscuits

8-AUG

Saturday

Cookies

9-AUG

Sunday

Cake

10-AUG

Monday

Biscuits

11-AUG

Tuesday

Cookies

12-AUG

Wednesday

Cake

13-AUG

Thursday

Biscuits

14-AUG

Friday

Cookies

15-AUG

Saturday

Cake

16-AUG

Sunday

Biscuits

17-AUG

Monday

Cookies

18-AUG

Tuesday

Cake

19-AUG

Wednesday

Biscuits

20-AUG

Thursday

Cookies

21-AUG

Friday

Cake

22-AUG

Saturday

Biscuits

23-AUG

Sunday

Cookies

24-AUG

Monday

Cake

28-AUG

Friday

Cookies

29-AUG

Saturday

Cake

30-AUG

Sunday

Biscuits

31-AUG

Monday

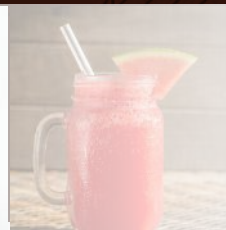
Cookies



MENU

SNACKS

EVENING TEA & SNACKS



1-AUG

Saturday

Banana Fry

2-AUG

Sunday

Elanchi

3-AUG

Monday

Ada

4-AUG

Tuesday

Uzhunnu Vada & Chutney

5-AUG

Wednesday

Parippuvada

6-AUG

Thursday

Banana Fry

7-AUG

Friday

Egg Bonda

8-AUG

Saturday

Ulli Vada

9-AUG

Sunday

Ada

10-AUG

Monday

Cream Bun

11-AUG

Tuesday

Spring Roll

12-AUG

Wednesday

Parippuvada

13-AUG

Thursday

Egg Roll

14-AUG

Friday

Kozhukkatta

15-AUG

Saturday

Spring Roll

16-AUG

Sunday

Elanchi

17-AUG

Monday

Cream Bun

18-AUG

Tuesday

Mulaku Bhaji

19-AUG

Wednesday

Egg Roll

20-AUG

Thursday

Ada

21-AUG

Friday

Uzhunnu Vada & Chutney

22-AUG

Saturday

Elanchi

23-AUG

Sunday

Spring Roll

24-AUG

Monday

Banana Fry

28-AUG

Friday

Uzhunnu Vada & Chutney

29-AUG

Saturday

Spring Roll

30-AUG

Sunday

Ada

31-AUG

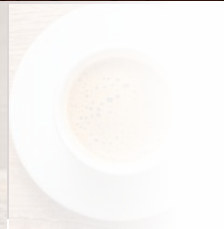
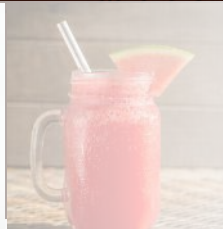
Monday

Elanchi



MENU

JUICE



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1-AUG

Saturday

Mint Lime

2-AUG

Sunday

Passion Fruit Juice

3-AUG

Monday

Lime

4-AUG

Tuesday

Sarbath

5-AUG

Wednesday

Mint Lime

6-AUG

Thursday

Passion Fruit Juice

7-AUG

Friday

Lime

8-AUG

Saturday

Sarbath

9-AUG

Sunday

Mint Lime

10-AUG

Monday

Passion Fruit Juice

11-AUG

Tuesday

Lime

12-AUG

Wednesday

Sarbath

13-AUG

Thursday

Mint Lime

14-AUG

Friday

Passion Fruit Juice

15-AUG

Saturday

Lime

16-AUG

Sunday

Sarbath

17-AUG

Monday

Mint Lime

18-AUG

Tuesday

Passion Fruit Juice

19-AUG

Wednesday

Lime

20-AUG

Thursday

Sarbath

21-AUG

Friday

Mint Lime

22-AUG

Saturday

Passion Fruit Juice

23-AUG

Sunday

Lime

24-AUG

Monday

Sarbath

28-AUG

Friday

Mint Lime

29-AUG

Saturday

Passion Fruit Juice

30-AUG

Sunday

Lime

31-AUG

Monday

Sarbath