



SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

MENU

JULY 2026 - BREAKFAST

**1-JUL****Wednesday**

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

2-JUL**Thursday**

All: Puttu | Kadala Curry | Horlicks

3-JUL**Friday**

All: Bread | Veg Stew | Boost

4-JUL**Saturday**

All: Dosa | Sambar | Coconut Chutney | Boost

5-JUL**Sunday**

All: Bread | Butter | Boiled Banana | Horlicks
Non-veg: Boiled Egg
Veg: Fried Veggies

6-JUL**Monday**

All: Rava Upma | Banana | Lime Juice
Non-veg: Egg Roast
Veg: Kadala Fry

7-JUL**Tuesday**

All: Croissant | Cornflakes & Milk

8-JUL**Wednesday**

All: Bhatura | Chole Masala | Lime Juice

9-JUL**Thursday**

All: Chapati | Aloo Mutter Masala | Boost

10-JUL**Friday**

All: Puttu | Cherupayar Curry | Lime Juice

11-JUL**Saturday**

All: Poori | Masala | Horlicks

12-JUL**Sunday**

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

13-JUL**Monday**

All: Pav | Bhaji | Yogurt | Lime Juice

14-JUL**Tuesday**

All: Chapati | Green Peas Masala | Boost

15-JUL**Wednesday**

All: Idly | Sambar | Tomato Chutney | Lime Juice

16-JUL**Thursday**

All: Bread | Butter | Fried Veggies | Ketchup | Omlet |
Tomato Ketchup | Horlicks
Veg: Potato Smiley

17-JUL**Friday**

All: Horlicks | Choco Syrup
Non-veg: Pan Cake
Veg: Veg.Sandwich

18-JUL**Saturday**

All: Puttu | Kadala Curry | Fresh Juice

19-JUL**Sunday**

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

20-JUL**Monday**

All: Cut Fruits | Mint Juice
Non-veg: Chicken Tikka Sandwich
Veg: Paneer Tikka Sandwich

21-JUL**Tuesday**

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

22-JUL**Wednesday**

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

23-JUL**Thursday**

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

24-JUL**Friday**

All: Chapathi | Green Peas Masala | Boost

25-JUL**Saturday**

All: Puttu | Kadala Curry | Horlicks

26-JUL**Sunday**

All: Dosa | Sambar | Coconut Chutney | Boost

27-JUL**Monday**

All: Bread | Veg Stew | Boost | Cut Fruits

28-JUL**Tuesday**

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

29-JUL**Wednesday**

All: Dosa | Sambar | Coconut Chutney | Boost

30-JUL**Thursday**

All: Chappati | Horlicks
Non Veg: Egg Roast
Veg: Aloo Mutter Masala

31-JUL**Friday**

All: Veg Sandwich | Ketchup | Lime Juice



MENU - LUNCH



1-JUL Wednesday All: Rice Dal Spinach Curry Beans Upperi Pickle Caramel Custard Non-veg: Fish Deep Fry Veg: Soya Dry Fry Curd	9-JUL Thursday All: Plain Rice Cherupayar Chena Erissey Thoran Pickle Pachamoru Chammanthi Payasam
2-JUL Thursday All: Ponni Rice Chapati Palak Paneer Ladies Finger Dry Fry Curd Pickle Ice Cream	10-JUL Friday All: Iceberg Fresh Salad Mayonnaise Tomato Chutney Ice Candy Non-veg: Chicken Mandi Veg: Veg Mandhi Gopi 65
3-JUL Friday All: Raita Pickle Ice Cream Non-veg: Chef Special Chicken Biriyani Veg: Paneer Biriyani	11-JUN Saturday All: Plain Rice Chammanthi Pickle Thoran Tendor Coconut Pudding Non-veg: Coconut Fish Curry Veg: Brinjal Pollichathu Packed Curd
4-JUL Saturday All: Rice Puliserry Koottu Curry Soya Fry Pickle Pappadam Pudding	12-JUL Sunday All: Plain Rice Upperi Pickle Salad Non-veg: Chicken Varutharacha Curry Veg: Cauliflower Masala
5-JUL Sunday All: Raita Pickle Ice Cream Non-veg: Chicken Pulao Veg: Paneer Biriyani	13-JUL Monday All: Rice Chef Special Veg Curry Beans Coconut Thoran Pickle Curd Soya Dry Fry Semiya Payasam
6-JUL Monday All: Plain Rice Sambar Chef Special Soya Roast Pickle Pineapple Pachadi Puli Inchi Semiya Payasam	14-JUL Tuesday All: Navarathna Pulav Raita Pickle Salad Cream Caramel Non-veg: Kadai Chicken Veg: Paneer Butter Masala
7-JUL Tuesday All: Green Salad Tomato Ketchup Fruit Custard Non-veg: Chicken Noodles Sweet Corn Chicken Soup Veg: Vegetable Noodles Sweet Corn Vegetable Soup	15-JUL Wednesday All: Rice Potato Theeyal Mix Veg Thoran Pickle Payasam Non-veg: Fish Tawa Fry Veg: Soya Dry Fry Curd
8-JUL Wednesday All: Plain Rice Upperi Pickle Salad Non-veg: Chicken Coconut Curry Veg: Cauliflower Masala	16-JUL Thursday All: Mint Chutney Raitha Pickle Pappadam Ice cream Non-veg: Egg Biriyani Veg: Veg.Biriyani Soya Fry

17-JUL Friday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani	24-JUL Friday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani
18-JUL Saturday All: Plain Rice Upperi Pickle Salad Pudding Non-veg: Chicken Varutharacha Curry Veg: Cauliflower Masala	25-JUL Saturday All: Rice Sambar Aloo Mezhukkupurati Pickle Pudding Non-veg: Omlet Veg: Gobi Fry
19-JUL Sunday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani	26-JUL Sunday All: Raita Pickle Ice Cream Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani
20-JUL Monday All: Plain Rice Sambar Aviyal Pickle Rasam Puli Inchi Semiya Payasam	27-JUL Monday All: Plain Rice Upperi Pickle Salad Payasam Non-veg: Chicken Varutharacha Curry Veg: Cauliflower Masala
21-JUL Tuesday All: Onion Salad Ghee Rice Raitha Pickle Tendor Coconut Pudding Non-veg: Chicken Stew Veg: Veg Stew	28-JUL Tuesday All: Plain Rice Sambar Aviyal Pickle Rasam Puli Inchi Semiya Payasam
22-JUL Wednesday All: Plain Rice Chammanthi Pickle Thoran Tendor Coconut Pudding Non-veg: Coconut Fish Curry Veg: Brinjal Pollichathu Packed Curd	29-JUL Wednesday All: Veg. Fried Rice Non-veg: Butter Chicken Veg: Paneer Butter Masala
23-JUL Thursday All: Coconut Rice Paneer Butter Masala Ladies Finger Dry Fry Curd Pickle Carrot Halwa	30-JUL Thursday All: Plain Rice Dal Spinach Curry Pickle Pachamoru Chammanthi Payasam Non-veg: Omlet Veg: Paneer Tawa Fry
	31-JUL Friday All: White Cabbage Salad Mayonnaise Tomato Chutney Flavoured Yogurt Non-veg: Chicken Mandi Veg: Veg Mandhi Gopi 65



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



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MENU - DINNER



1-JUL | Wednesday

All: Chapati | Veg. Salad
Non-veg: Egg Curry
Veg: Soya Fry

2-JUL | Thursday

All: Bhatura | Chole Masala | Salad

3-JUL | Friday

All: Plain Rice | Puliserry | Thoran | Pickle
Non-veg: Fish Fry
Veg: Crispy Soya Fry | Curd (Bowl)

4-JUL | Saturday

All: Chapathi | Salad
Non-veg: Chicken Curry
Veg: Potato Masala Curry

5-JUL | Sunday

All: Rice | Tomato Curry | Aloo Mezrukku Puratti | Yam Fry | Pickle

6-JUL | Monday

All: Dosa | Coconut Chutney | Tomato Chutney
Non-veg: Omlet
Veg: Paneer Tawa Fry

7-JUL | Tuesday

All: Puttu | Soya Curry | Dessert

8-JUL | Wednesday

All: Green Chilli Sauce | Tomato Ketchup | Cucumber Onion Tomato Salad
Non-veg: Egg Fried Rice
Veg: Veg Fried Rice

9-JUL | Thursday

All: Appam | Salad
Non-veg: Malabar Chicken Curry
Veg: Kadai Paneer

10-JUL | Friday

All: Rice | Puliserry | Ladies Finger Deep Fry | Pickle | Van Payar Upperi

11-JUL | Saturday

All: Bhatura | Chole Masala | Salad

12-JUL | Sunday

All: Puttu | Kadala Curry | Dessert

13-JUL | Monday

All: Appam | Veg. Salad
Non-veg: Fish Mulakittathu
Veg: Soya Fry

14-JUL | Tuesday

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

15-JUL | Wednesday

All: Seasonal Veggie Salad | Tomato Ketchup
Non-veg: Chicken Noodles
Veg: Veg Noodles

16-JUL | Thursday

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

17-JUL | Friday

All: Poori | Dessert
Non-veg: Egg Masala
Veg: Chilly Paneer

18-JUL | Saturday

All: Veg Biryani | Mint Chutney | Raitha | Pickle |
Cucumber & Tomato Salad | Dessert

19-JUL | Sunday

All: Chapati | Soya Fry | Veg. Salad

20-JUL | Monday

All: Puttu | Veg.Salad
Non-veg: Pepper Chicken
Veg: Aloo Mutter Masala

21-JUL | Tuesday

All: Idly | Sambar | Coconut Chutney | Red Chutney

22-JUL | Wednesday

All: Green Chilli Sauce | Tomato Ketchup |
Cucumber Onion Tomato Salad
Non-veg: Egg Fried Rice
Veg: Veg Fried Rice

23-JUL | Thursday

All: Appam | Salad
Non-veg: Malabar Chicken Curry
Veg: Kadai Paneer

24-JUL | Friday

All: Plain Rice | Venda Theeyal | Thoran | Pickle
Veg: Crispy Soya Fry

25-JUL | Saturday

All: Chapati | Veg Salad
Non-veg: Fish Mulakittathu
Veg: Gobi Manchurian

26-JUL | Sunday

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

27-JUL | Monday

All: Puttu | Aloo Masala Curry | Dessert

28-JUL | Tuesday

All: Gheerice | Raitha | Pickle
Non-veg: Palak Chicken
Veg: Veg Kuruma | Brijal Dry Fry

29-JUL | Wednesday

All: Chapati | Palak Paneer | Veg Salad

30-JUL | Thursday

All: Puttu | Dessert
Non-veg: Fish Mulakittathu
Veg: Kadala Curry

31-JUL | Friday

All: Dosa | Coconut Chutney | Tomato Chutney
Non-veg: Omlet
Veg: Paneer Tawa Fry

