



# MENU

JUNE 2026 - BREAKFAST

**1-JUN** Monday

Puttu | Kadala Curry | Cut Fruits | Fresh Juice

**2-JUN** Tuesday

All: Bread | Butter | Mixed Fruit Jam | Boiled Egg | Ketchup | Horlicks  
**Veg:** Potato Smily

**3-JUN** Wednesday

Idly | Sambar | Red Chutney | Cut Fruits | Lime Juice

**4-JUN** Thursday

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

**5-JUN** Friday

Dosa | Sambar | Coconut Chutney | Cut fruits | Fresh Juice

**6-JUN** Saturday

Bread | Veg Stew | Cut Fruits | Boost

**7-JUN** Sunday

Masala Dosa | Coconut Chutney | Tomato Chutney | Lime Juice

**8-JUN** Monday

Battoora | Chole Masala | Cut Fruits | Lime Juice

**9-JUN** Tuesday

Croissant | Cornflakes & Milk | Cut Fruits

**10-JUN** Wednesday

Idly | Samabar | Red Chutney | Cut Fruits | Lime Juice

**11-JUN** Thursday

Puttu | Cherupayar Curry | Cut Fruits | Lime Juice

**12-JUN** Friday

Pav | Bhaji | Cut Fruits | Boost

**13-JUN** Saturday

Rava Upma | Kadala Coconut Curry | Lime Juice | Banana/Cut Fruits

**14-JUN** Sunday

Chilly Idly | Coconut Chutney | Tomato Chutney | Lime Juice

**15-JUN** Monday

All: Bread | Butter | Mixed Fruit Jam | Ketchup | Boiled Egg | Horlicks  
**Veg:** Potato Smily

**16-JUN** Tuesday

Idly | Sambar | Tomato Chutney | Lime Juice

**17-JUN** Wednesday

All: Cut Fruits | Horlicks | Choco Syrup  
**Non-veg :** Pancake  
**Veg:** Veg.Sandwich

**18-JUN** Thursday

Puttu | Kadala Curry | Cut Fruits | Fresh Juice

**19-JUN** Friday

Rava Upma | Kadala Coconut Curry | Lime Juice | Banana

**20-JUN** Saturday

Bread | Veg Stew | Boost | Cut Fruits

**21-JUN** Sunday

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

**22-JUN** Monday

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

**23-JUN** Tuesday

Idly | Coconut Chutney | Tomato Chutney | Cut Fruits | Lime Juice

**24-JUN** Wednesday

Croissant | Cornflakes & Milk | Cut Fruits

**25-JUN** Thursday

Rava Upma | Kadala Coconut Curry | Lime Juice | Banana

**26-JUN** Friday

Bread | Veg Stew | Boost | Cut Fruits

**27-JUN** Saturday

Puttu | Cherupayar Curry | Cut fruits | Lime Juice

**28-JUN** Sunday

Chilly Idly | Coconut Chutney | Tomato Chutney | Horlicks

**29-JUN** Monday

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

**30-JUN** Tuesday

All: Veg Sandwich | Ketchup | Lime Juice



# MENU - LUNCH



## 1-JUN Monday

All: Kuthari Choru | Sambar | Aviyal | Pickle | Puli Inchi | Cut Fruits

## 2-JUN Tuesday

All: White Cabbage Salad | Mayonnaise | Tomato Chutney | Flavoured Yogurt

**Non-veg:** Chicken Mandi

**Veg:** Veg Mandhi | Gopi 65

## 3-JUN Wednesday

All: Plain Rice | Chammanthi | Pickle | Thoran | Dessert

**Non-veg:** Coconut Fish Curry

**Veg:** Brinjal Pollichathu | Packed Curd

## 4-JUN Thursday

All: Rice | Pullissery | Koottu Curry | Pickle | Pudding

## 5-JUN Friday

All: Raita | Pickle | Ice Cream

**Non-veg:** Kozhikodan Chicken Dum Biryani

**Veg:** Paneer Biryani

## 6-JUN Saturday

All: Rice | Parippu Cheera Curry | Beetroot Upperi | Pickle | Sambharam | Gothambu Payasam

## 7-JUN Sunday

All: Plain Rice | Upperi | Pickle | Salad | Dessert

**Non-veg:** Chicken Varutharacha Curry

**Veg:** Cauliflower Masala

## 8-JUN Monday

All: Veg Biryani | Soya Roast | Mint Chutney | Raitha Pickle | Ice Cream

## 9-JUN Tuesday

All: Plain Rice | Upperi | Pickle | Salad

**Non-veg:** Chicken Varutharacha Curry

**Veg:** Cauliflower Masala

## 10-JUN Wednesday

All: Plain Rice | Cut Mango Salad | Achinga Thoran | Curd

**Non-veg:** Fish Mango Curry

**Veg:** Dal Drumstic Curry | Gopi 65 | Pudding

## 11-JUN Thursday

All: Plain Rice | Mathan Payar Vazhakka Curry | Thoran | Pickle | Pachamoru | Chammanthi | Payasam

## 12-JUN Friday

All: White Cabbage Salad | Mayonnaise | Tomato Chutney | Flavoured Yogurt

**Non-veg:** Chicken Mandi

**Veg:** Veg Mandhi | Gopi 65

## 13-JUN Saturday

All: Ponni Rice | Dal fry | Upperi | Curd | Pickle | Ice cream

## 14-JUN Sunday

All: Rice | Pullissery | Koottu Curry | Pickle | Pudding

## 15-JUN Monday

All: Shawaya Rice | Mint Coriander Raita | Pickle | Salad | Cut Fruits

**Non-veg:** Kadai Chicken

**Veg:** Paneer Butter Masala

## 16-JUN Tuesday

All: Ghee Rice | Veg Stew | Mint Chutney | Onion Salad | Raitha | Pickle | Gulab Jamun

**17-JUN** | Wednesday

All: Plain Rice | Upperi | Pickle | Salad | Dessert  
**Non-veg:** Chicken Varutharacha Curry  
**Veg:** Cauliflower Masala

**18-JUN** | Thursday

All: Plain Rice | Sambar | Aviyal | Pickle | Rasam | Puli Inchi  
Semiya Payasam

**19-JUN** | Friday

All: Raita | Pickle | Ice Cream  
Non-veg: Kozhikodan Chicken Dum Biryani  
Veg: Paneer Biryani

**20-JUN** | Saturday

All: Rice | Sambar | Aloo Mezhukkupurati | Pickle | Pudding  
Non-veg: Egg Fry  
Veg: Gobi Fry

**21-JUN** | Sunday

All: White Cabbage Salad | Mayonnaise | Tomato Chutney |  
Flavoured Yogurt  
Non-veg: Chicken Mandi  
Veg: Veg Mandhi | Gopi 65

**22-JUN** | Monday

All: Plain Rice | Dal Drumstic Curry | Aloo Mezhukkupurati |  
Curd | Chammanthi | Pickle | Pudding

**23-JUN** | Tuesday

All: Onion Salad | Ghee Rice | Raitha | Pickle  
Tendor Coconut Pudding  
Non-veg: Chicken Stew  
Veg: Veg Stew

**24-JUN** | Wednesday

All: Kuthari Choru | Chammanthi | Pickle | Thoran | Jalebi  
Non-veg: Coconut Fish Curry  
Veg: Brinjal Pollichathu | Packed Curd

**25-JUN** | Thursday

All: Veg Biryani | Soya Roast | Mint Chutney | Raitha | Pickle | Ice cream

**26-JUN** | Friday

All: White Cabbage Salad | Mayonnaise | Tomato Chutney | Flavoured Yogurt  
Non-veg: Chicken Mandi  
Veg: Veg Mandhi | Gopi 65

**27-JUN** | Saturday

All: Plain Rice | Sambar | Aviyal | Pickle | Rasam | Puli Inchi  
Semiya Payasam

**28-JUN** | Sunday

All: Raita | Pickle | Ice Cream  
Non-veg: Kozhikodan Chicken Dum Biryani  
Veg: Paneer Biryani

**29-JUN** | Monday

All: Plain Rice | Mathan Payar Vazhakka Curry | Thoran | Pickle  
Pachamoru | Chammanthi | Payasam

**30-JUN** | Tuesday

All: Plain Rice | Upperi | Pickle | Salad  
Non-veg: Chicken Varutharacha Curry  
Veg: Cauliflower Masala



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



**SADHBHAVANA**  
WORLD SCHOOL

*Bringing the World to the Classroom*