

SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

MENU

NOVEMBER 2026 - BREAKFAST



1-NOV Sunday
All : Raagi Dosa | Sambar | Tomato Chutney | Cut Fruits | Fresh Watermelon Juice

2-NOV Monday
All : Chapati | Veg Kuruma | Cut Fruits | Boiled Grape Juice

3-NOV Tuesday
All : Battura | Aloo Channa Masala | Cut Fruits | Lemon Juice

4-NOV Wednesday
All: Rava Upma | Kadala Fry | Banana | Horlicks

5-NOV Thursday
All : Appam | Kadala Curry | Cut Fruits | Lemon Juice

6-NOV Friday
All : Idly | Coconut Chutney | Tomato Chutney | Boild Egg / Banana | Mint Lemon Juice

7-NOV Saturday
All : Semiya Kichadi | Coconut Chutney | Red Chutney | Cut Fruits | Boost

8-NOV Sunday
All : Paalak Dosa | Sambar | Red Coconut Chutney | Boost

9-NOV Monday
All : Raagi Puttu | Veg.Stew | Cut Fruits | Fresh Muskmelon Juice

10-NOV Tuesday
All : Battura | Channa Masala | Cut Fruits | Lemon Juice

11-NOV Wednesday
All: Onion Uttappam | Onion chutney | Sambar | Cut Fruits | ABC Juice

12-NOV Thursday
All : Cut Fruits | Horlicks | Choco Syrup
Non Veg : Pancake
Veg : Sandwich

13-NOV Friday
All : Chilly Idli | Coconut Chutney | Tomato Chutney | Cut Fruits | Watermelon Juice

14-NOV Saturday
All : Broken Wheat Upma | Kadala Coconut Curry | Lemon Juice

15-NOV Sunday
All : Puttu | Kadala Curry | Mint Lime

16-NOV Monday
All : Carrot Puttu | Kadala Curry | Cut Fruits | Boiled Grape Juice

17-NOV Tuesday
All : Podi Idly | Coconut Chutney | Sambar| ABC Juice

18-NOV Wednesday
All : Veg Sandwich | French Fries | Ketchup | Boost

19-NOV Thursday
All : Paalak Dosa | Sambar | Red Coconut Chutney | Cut Fruits | Lemon Juice

20-NOV Friday
All : Puttu | Cherupayar Curry | Boost

21-NOV Saturday
All : Bread Toast | Butter Jam | Cut Fruits | Pinapple Juice

22-NOV Sunday
All : Masala Dosa | Coconut Chutney | Tomato Chutney | Lemon Juice

23-NOV Monday
All : Multi Grain Bread | Jam | Cornflakes | Milk

24-NOV Tuesday
All : Raagi Dosa | Veg Kurma | Tomatochutney| Cut Fruits | Water Melon Juice

25-NOV Wednesday
All : Broken Wheat Upma | Dal Fry | Banana | Boost

26-NOV Thursday
All : Bread | Butter | Steamed Veggies | Tomato Ketch up | Horlicks
Non Veg: Omlet
Veg: Veg Cutlet

27-NOV Friday
All : Appam | Kadala Curry | Cut Fruits | Fresh Musk melon Juice

28-NOV Saturday
All : Battura | Aloo Peas Masala | Cut Fruits | Lemon Juice

29-NOV Sunday
All : Masala Dosa | Coconut Chutney | Tomato Chutney | Horlicks

30-NOV Monday
All : Carrot Puttu | Kadala Curry | Cut Fruits | Boiled Grape Juice

MENU - LUNCH






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1-NOV Sunday

All : Plain Rice | Achigai Thoran | Lettuce Salad | Pickle
Non Veg : Malabar Chicken Curry
Veg : Mix Veg Curry | Paneer Tikka

2-NOV Monday

All : Plain Rice | Dal Palak Curry | Potato Mezhukupuratty | Pickle | Wheat Halwa
Non Veg: Masala Egg
Veg : Kadai Veg

3-NOV Tuesday

All : Chappati Methi | Flavoured Rice | Paneer Tikka Masala | Mixed Raitha | Pappadam| Pickle | Ice cream

4-NOV Wednesday

All : Plain Rice | Mango Pullissery | Thoran | Pappadam | Pickle | Palada Pradaman
Non Veg : Fish Fry
Veg : Gobi 65

5-NOV Thursday

All : Plain Rice | Mango Salad | Pickle | Pudding
Non Veg : Chicken Varutharacha Curry
Veg : Paneer 65 | Dal fry

6-NOV Friday

All : Raita | Pickle | Pinapple Slice
Non Veg : Kozhikoden Chicken Biriyani
Veg : Kashmiri Pulao | Veg khorma

7-NOV Saturday

All : Plain Rice | Sambar | Thoran | Pinapple Pachadi | Pappadam | Payasam

8-NOV Sunday

All : Cabbage Salad | Mayannoise | Tomato Chutney | Sweet Lassi
Non Veg : Chicken Mandhi
Veg : Kasmiri Pulao | PaneeR Tikka

9-NOV Monday

All : Plain Rice | Olan | Raw Banana Mezhukkupuratti | Pickle | Pachamoru | Chammanti | Payasam

10-NOV Tuesday

All : Corn Pulao | Chappati | Raita | Pickle | Pappadam | Red Aval Payasam
Non Veg : Butter Chicken
Veg : Panner Butter Masala

11-NOV Wednesday

All : Plain Rice | Snakegourd Theeyal | Raw Banana Upperi | Lemon Pickle | Curd | Sarkara Ada Payasam
Non Veg : Fish Fry
Veg : Gobi Pepper & Salt

12-NOV Thursday

All : Plain Rice | Sambar | Avial | Pickle | Pineapple Pachadi | Carrot Halwa

13-NOV Friday

All : Cabbage Salad | Mayannoise | Tomato Chutney | Sweet Lassi
Non Veg : Chicken Mandhi
Veg : Kashmiri Pulao | PaneeR Tikka

14-NOV Saturday

All: Plain Rice | Pulisseri | Kovakka Upperi | Pickle | Pappad | Payasam
Non Veg : Chicken 65
Veg: Gobi 65

15-NOV Sunday

All : Ghee Rice | Raitha | Pickle | Pudding
Non Veg : Chicken Varutharacha Curry
Veg : Veg Varutharacha Curry

16-NOV Monday

All : Bread Biriyani | Boondhi Raitha | Tossed Salad | Veg Chettinad Kurma | Ice Cream

17-NOV Tuesday

All : Ketchup | Gobi Manchurian | Fruits Salad
Non Veg : Chicken Noodles | Sweet corn Chicken Soup
Veg : Veg Noodles | Sweet Corn Veg Soup

18-NOV Wednesday

All : Plain Rice | Pickle | Green Gram Thoran | Chammanti | Bread Halwa
Non Veg : Malabar Fish Curry
Veg: Malai Kofta Curry

19-NOV Thursday

All : Plain Rice | Mixed Veg Dal Curry | Mix Kootu Curry | Pacha Moru | Mango Chammanti | Pazham Prathaman

20-NOV Friday

All : Raita | Pickle | Icecream
Non Veg : Thalassery Chicken Biriyani
Veg : Paneer Biriyani

21-NOV Saturday

All : Plain Rice | Mango Pulissery | Chilly Soya Roast | Pappadam | Pickle | Ashoka Halwa

22-NOV Sunday

All : Ghee Rice | Raitha | Pickle | Fruit Salad
Non Veg : Chicken Varutharacha Curry
Veg : Veg Varutharacha Curry

23-NOV Monday

All : Plain Rice | Sambar | Avial | Beetroot Pachadi | Rasam | Pickle | Semiya Payasam

24-NOV Tuesday

All : Corn Pulao | Chappati | Raita | Pickle | Pappadam | Red Aval Payasam
Non Veg : Butter Chicken
Veg : Panner Butter Masala

25-NOV Wednesday

All : Veg.Fried rice | Pinapple Capsicum Chaat | Ice Cream
Non Veg : Fish Chilly
Veg : Chilly Paneer

26-NOV Thursday

All : Methi Chappati | Flavoured Rice | Paneer Tikka Masala | Mixed Raitha | Pappadam | Pickle | Bread Halwa

27-NOV Friday

All : Cabbagae Salad | Tomato Chutney | Mayannoise | Sweet Lessi
Non Veg : Chicken Mandhi
Veg : Veg Fruits Pulao | Bindi Jaipuri

28-NOV Saturday

All : Red Rice | Thoran | Red Chammanthi | Pickle | Payasam
Non Veg : Fish Mango Curry
Veg : Dal Fry | Chilly Baby corn Dry Fry

29-NOV Sunday

All : Ghee Rice | Raitha | Pickle | Salad | Bread Halwa
Non Veg : Chicken Mappas
Veg : Veg Mappas

30-NOV Monday

Alll: Tomato Rice | Veg Kuruma | Chef.Special Soya Roast | Mint Chutney | Raita | Pickle | Mango Yoghurt

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

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MENU - DINNER



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1-NOV Sunday

All : Millet Chapati | Peas Masala Curry | Veg. Salad

2-NOV Monday

All : Appam | Salad
Non Veg : Malabar Chicken Curry
Veg : Paneer Nilgiri Khorma

3-NOV Tuesday

All : Veg .Fried Rice | Cucumber Onion Tomato Salad
Non Veg : Chilly Chicken
Veg : Garlic Gobi

4-NOV Wednesday

All : Ajwani Chapati | Salad | Paneer Mutter Masala

5-NOV Thursday

All : Poori | Aloo Simla Mirchi Masala | Pudding

6-NOV Friday

All : Rice | Rasam | Upperi | Salad | Pickle | Pappadam

7-NOV Saturday

All : Green Chilli Sauce | Ketchup | Green Salad | Gobi Manchurian |Gulab Jamun
Non Veg : Egg Fried Rice
Veg : Veg Fried Rice

8-NOV Sunday

All : Aloo Paratha | Coconut Chutney | Salad

9-NOV Monday

All : Wheat Dosa | Coconut Chutney
Non Veg : Egg Masala
Veg : Paneer Tikka Masala

10-NOV Tuesday

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

11-NOV Wednesday

All : Appam | Veg Varathracha Curry | Salad

12-NOV Thursday

All : Veg Fried Rice | Cucumber Onion Tomato Salad
Non Veg : Chilly Fish
Veg : Garlic Gobi

13-NOV Friday

All : Chappati | Veg Kurma | Salad

14-NOV Saturday

All: Batoora | Aloo Soya Kadai Masala

15-NOV Sunday

All : Tomato Rice | Salad | Chutney | Potato Fry |Pickle | Pappadam

16-NOV Monday

All : Parotta | Veg.Salad
Non Veg : Pepper Chicken
Veg : Aloo Mutter Masala

17-NOV Tuesday

All : Raagi Dosa | Onion Chutney | Coconut Chutney | Salad

18-NOV Wednesday

All : Appam | Veg. Salad
Non Veg : Egg Roast
Veg : Chilly Paneer

19-NOV Thursday

All : Lemon Rice | Mint Chutney | Masala Pappadam
Non Veg : Chicken 65
Veg: Paneer Tikka

20-NOV Friday

All : Carrot Chapati | Aloo Palak Masala | Tossed Salad

21-NOV Saturday

All : Veg Pulao | Salad
Non Veg: Chilly Chicken
Veg: Kadai Paneer

22-NOV Sunday

All : Appam | Aloo Soya Varutharacha Curry | Salad

23-NOV Monday

All : Jeera Chapati | Veg. Salad
Non Veg : Kadai Chicken
Veg : Kadai Veg.

24-NOV Tuesday

All : Appam | Mix Veg Malabar Curry | salad

25-NOV Wednesday

All : Podi Dosa | Peanut Chuney | Dal fy | Salad

26-NOV Thursday

All : Wheat Puttu | Veg.Salad
Non Veg : Butter Chicken
Veg : Malai Kofta Gravy

27-NOV Friday

All : Raagi Idly | Coconut Chutney | Tomato Chutney | Salad
Non Veg : Fried Egg Roast
Veg: Malai Koftha Curry

28-NOV Saturday

All : Chappati | Veg Kurma | Gulab Jamun

29-NOV Sunday

All : Poori | Kadai Soya Masala | Fruit Salad

30-NOV Monday

All : Appam | Salad
Non Veg: Chicken Roast
Veg: Kadai Paneer



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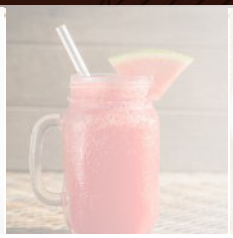
MENU

SNACKS

MORNING SNACKS



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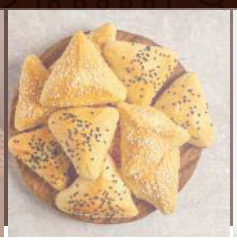
1-NOV	Sunday	**16-NOV**	Monday
Carrot Cake		Chocolate Ball	
2-NOV	Monday	**17-NOV**	Tuesday
Kozhukatta		Teacake	
3-NOV	Tuesday	**18-NOV**	Wednesday
Vanilla Muffin		Bread Ball	
4-NOV	Wednesday	**19-NOV**	Thursday
Bread Pudding		Sweet Bonda	
5-NOV	Thursday	**20-NOV**	Friday
Boilled Banana		Bun Nirachathu	
6-NOV	Friday	**21-NOV**	Saturday
Plum Cake		Choco Cookies	
7-NOV	Saturday	**22-NOV**	Sunday
Chocolate Muffin		Urid vada	
8-NOV	Sunday	**23-NOV**	Monday
Veg sandwich		Chocolate Cake	
9-NOV	Monday	**24-NOV**	Tuesday
Urid Vada		Bananna Cake	
10-NOV	Tuesday	**25-NOV**	Wednesday
Seeval Bun		Carrot Cake	
11-NOV	Wednesday	**26-NOV**	Thursday
Donut		Kozhukatta	
12-NOV	Thursday	**27-NOV**	Friday
Raagi Cookies		Vanilla Muffin	
13-NOV	Friday	**28-NOV**	Saturday
Hot Dog Jam Bun		Boilled Banana	
14-NOV	Saturday	**29-NOV**	Sunday
Coconut Cake		Bread Pudding	
15-NOV	Sunday	**30-NOV**	Monday
Cookies		Plum Cake	

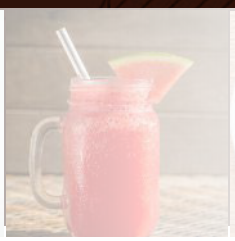


MENU

SNACKS

EVENING TEA & SNACKS



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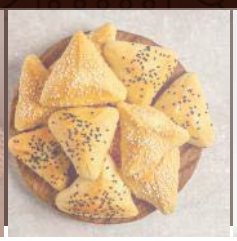
1-NOV Sunday	Ela ada
2-NOV Monday	Aloo Bonda
3-NOV Tuesday	Parippuvada
4-NOV Wednesday	Elanchi
5-NOV Thursday	Veg Sandwich
6-NOV Friday	Banana Fry
7-NOV Saturday	Donut
8-NOV Sunday	Urid vada
9-NOV Monday	Sweet Puff
10-NOV Tuesday	Sugiyan
11-NOV Wednesday	Bun Nirachathu
12-NOV Thursday	Bread Toast
13-NOV Friday	Pocket Shawarma
14-NOV Saturday	Cream Bun
15-NOV Sunday	Egg Puff
16-NOV Monday	Sweet Paratha
17-NOV Tuesday	Ela ada
18-NOV Wednesday	Aloo Bonda
19-NOV Thursday	Parippuvada
20-NOV Friday	Elanchi
21-NOV Saturday	Veg Sandwich
22-NOV Sunday	Banana Fry
23-NOV Monday	Donut
24-NOV Tuesday	Urid vada
25-NOV Wednesday	Sweet Puff
26-NOV Thursday	Sugiyan
27-NOV Friday	Bun Nirachathu
28-NOV Saturday	Bread Toast
29-NOV Sunday	Pocket Shawarma
30-NOV Monday	Cream Bun

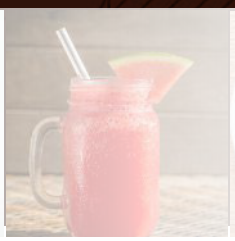


MENU

JUICE

EVENING JUICE



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1-NOV	Sunday	**16-NOV**	Monday
Mint Lime		Jal Jeera Sarbath	
2-NOV	Monday	**17-NOV**	Tuesday
Passion Fruit Juice		Tender Coconut Punch	
3-NOV	Tuesday	**18-NOV**	Wednesday
Lime		Passion Fruit Juice	
4-NOV	Wednesday	**19-NOV**	Thursday
Sarbath		Lemon & Orange Crush	
5-NOV	Thursday	**20-NOV**	Friday
Mint & Strobery Lime		Lemon Litchi Crush	
6-NOV	Friday	**21-NOV**	Saturday
Muskmelon		Guava Punch	
7-NOV	Saturday	**22-NOV**	Sunday
Pinapple Punch		Lemon & Stroberry	
8-NOV	Sunday	**23-NOV**	Monday
Lemon Melbery		Nannari Sarbath	
9-NOV	Monday	**24-NOV**	Tuesday
Boiled Grape Juice		Lemon & Mango Crush	
10-NOV	Tuesday	**25-NOV**	Wednesday
Pomogranate lime crush		Mix Fruits Punch	
11-NOV	Wednesday	**26-NOV**	Thursday
Lemon & Mango Crush		Passion Fruit Juice	
12-NOV	Thursday	**27-NOV**	Friday
Water melon Punch		Musambi with Mint Punch	
13-NOV	Friday	**28-NOV**	Saturday
Lemon Sarbath		Amla with Lemon Juice	
14-NOV	Saturday	**29-NOV**	Sunday
Passion Fruit Juice		Nannari Sarbath	
15-NOV	Sunday	**30-NOV**	Monday
Lemon Apple Crush		Lemon & Stroberry	