



SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

MENU

OCTOBER 2026 - BREAKFAST



1-OCT

Thursday

All: Idli | Sambar | Coconut Chutney | Tomato Chutney |
Cut Fruits | Lime Juice

2-OCT

Friday

All: Broken Wheat Upma | Banana | Pappad | Flavoured Juice

3-OCT

Saturday

All: Bhatara | Mixed Veg Masala | Cut Fruits | Lime Juice

4-OCT

Sunday

All: Masala Dosa | Chilly Chutney | Mint Chutney | Lime Juice

5-OCT

Monday

All: Chapati | Green Peas Masala | Cut Fruits | Pineapple Lime Juice

6-OCT

Tuesday

All: Bread | Butter | Steamed Veggies | Omelet | Tomato Ketchup |
Passion Fruit Juice | Veg: Veg Cutlet

7-OCT

Wednesday

All: Croissant | Cornflakes & Milk

8-OCT

Thursday

All: Dosa | Sambar | Coconut Chutney | Cut Fruits | Lime Juice

9-OCT

Friday

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

10-OCT

Saturday

Oothappam | Upma | Coconut Chutney | Sambar | Pappadam | Flavoured Juice

11-OCT

Sunday

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

12-OCT

Monday

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

13-OCT

Tuesday

All: Appam | Green Peas Masala | Cut Fruits | Mint Lime

14-OCT

Wednesday

All: Veg Sandwich | French Fries | Ketchup | Boost

15-OCT

Thursday

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

16-OCT

Friday

All: Masala Idli | Sambar | Coconut Chutney |
Tomato Chutney | Lime Juice

17-OCT

Saturday

All: Rava Upma | Kadala Fry | Pappad | Cut Fruits | Grape Lime

18-OCT

Sunday

All: Chapati | Green Peas Masala | Fresh Juice

19-OCT

Monday

Idli | Sambar | Tomato Chutney | Mint Chutney | Pineapple Lime

20-OCT

Tuesday

POOJA HOLIDAY

21-OCT

Wednesday

POOJA HOLIDAY

22-OCT

Thursday

All: Cut Fruits | Mint Lime | Ketchup
Non Veg: Chicken Tikka Sandwich
Veg: Paneer Tikka Sandwich

23-OCT

Friday

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

24-OCT

Saturday

All: Pav Bhaji | Cut Fruits | Rosemilk

25-OCT

Sunday

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

26-OCT

Monday

All: Appam | Cut Fruits | Lime
Non Veg: Egg Masala
Veg: Green Peas Masala | Potato Smiley

27-OCT

Tuesday

All: Bread | Butter | Steamed Veggies | Tomato Ketchup |
Passion Fruit Juice
Non Veg : Omlet
Veg: Potato Smiley

28-OCT

Wednesday

All: Dosa | Sambar | Coconut Chutney | Tomato Chutney | Horlicks

29-OCT

Thursday

All: Chapati | Green Peas Masala | Cut Fruits | Grape Lime

30-OCT

Friday

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

31-OCT

Saturday

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



MENU - LUNCH



1-OCT

Thursday

All: Red Cabbage Apple Salad | Ice Cream | Pickle
Non-Veg: Kozhikodan Chicken Roast Biryani
Veg: Veg Biryani | Paneer Crushed Pepper Sauce (Dry)

10-OCT

Saturday

All: Plain Rice | Drumstick- Onion Theeyal | Thoran | Pickle |
Pachamoru | Payasam

2-OCT

Friday

All: Plain Rice | Mezhukkupurati | Pappadam | Fruit Jelly
Non Veg : Fish Mulakittathu
Veg : Dal Tomato Drumstic Curry | Soya Deep fry

11-OCT

Sunday

All: Raitha | Pickle | Pudding
Chicken Thalappakatti Biryani
Veg - Veg Biryani | Gobi Manchurian Dry

3-OCT

Saturday

All: Plain Rice | Dal Spinach Curry | Mezhukkupurati | Pickle |
Pappad | Semiya Payasam
Non-Veg: Omelet
Veg: Soya Dry Fry

12-OCT

Monday

All: Red Cabbage Apple Salad | Ice Cream | Pickle
Non-Veg: Masala Egg Biryani
Veg: Veg Biryani | Paneer Crushed Pepper Sauce (Dry)

4-OCT

Sunday

All: Ghee Rice | Malabar Chicken Curry |
Raita | Pickle | Pineapple Cuts

13-OCT

Tuesday

All: Ponni Rice | Onion Vinagar Salad | Masala Pappad | Pickle | Ice Cream
Non Veg: Murg Kali Mirch
Veg : Paneer Kali Mirch | Curd

5-OCT

Monday

All: Plain Rice | Sambar | Aviya | Pickle | Puli Inchi |
Pappadam | Semiya Payasam

14-OCT

Wednesday

All: Ponni Rice | Tomato Pappu | Rasam | Pappad | Potato Brinjal Masala |
Pineapple Kesari
Non-Veg: Fish Fry
Veg: Paneer Tawa Fry | Packed Curd

6-OCT

Tuesday

All: Kashmiri Pulao | Chapati | Raitha | Pickle | Fruit Rabdi
Non-Veg: Butter Chicken
Veg: Paneer Butter Masala

15-OCT

Thursday

All: Chappathi | Navaratan Pulav | Dal Fry | Paneer Do pyaza |
Roasted Pappad | Curd | Watermelon Cuts

7-OCT

Wednesday

All: Rice | Erissery | Thoran | Pickle | Payasam
Non-Veg: Fish Fry
Veg: Paneer Tawa Fry | Packed Curd

16-OCT

Friday

All: Mayo | Pickle | Tomato Chutney | Shahi Tukda
Non-Veg: Chicken Majboos
Veg: Veg. Majboos | paneer Capsicum Masala

8-OCT

Thursday

All: Ghee Rice | Veg Kuruma | Chef.Special Soya Roast |
Mint Chutney | Raita | Pickle | Pappadam | Mango Yoghurt

17-OCT

Saturday

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

9-OCT

Friday

All: Pickled Veg | Mayonnaise | Tomato Chutney | Pineapple Cuts
Non-Veg: Chicken Peri Peri Mandi
Veg: Veg Mandhi | Gobi 65

18-OCT

Sunday

All: Ghee Rice | Raitha | Pickle
Non-veg: Malabar Chicken Curry
Veg: Cauliflower Masala | Curd

19-OCT

Monday

All: Plain Rice | Pulisseri | Kovakka Upperi | Pickle | Pappad | Semiya Payasam

26-OCT

Monday

Veg Fried Rice | Chilly Gobi | Ketchup | Green Salad | Broken Wheat Payasam

20-OCT

Tuesday

POOJA HOLIDAY

27-OCT

Tuesday

All: Rice | Kappa Puzhukku| Pappad | Pickle | Payasam

Non-Veg: Fish Mango Curry**Veg:** Chef Special Veg Curry | Packed Curd**21-OCT**

Wednesday

POOJA HOLIDAY

28-OCT

Wednesday

All: Green Salad | Ketchup | Caramel Custard

Non-Veg: Sweet Corn Chicken Soup | Chicken Noodles**Veg:** Sweet Corn Veg Soup | Veg. Noodles**22-OCT**

Thursday

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

Non-Veg: Fish Fry**Veg:** Soya dry fry | Curd**29-OCT**

Thursday

All: Plain Rice | Sambar | Chef special Soya Roast |

Pickle | Pineapple Pachadi | Puli Inchi | Semiya Payasam

23-OCT

Friday

All: White Cabbage Cucumber Salad | Spicy Mayo Dip | Tomato Chutney | Fruit Custard

Non-Veg: Chicken Mandi**Veg:** Veg Mandhi | Gopi 65**30-OCT**

Friday

All: Raita | Pickle | Ice Cream

Non-Veg: Kozhikodan Chicken Dum Biryani**Veg:** Paneer Biryani**24-OCT**

Saturday

All: Plain Rice | Cherupayar Chena Erissey | Beetroot Upperi | Pickle Pachamoru | Chammanthi | Payasam

31-OCT

Saturday

All: Plain Rice | Pulisseri | Kovakka Upperi | Pickle | Pappad | Chammanthi | Fruit Jelly

25-OCT

Sunday

All: Raita | Pickle | Pudding

Non-Veg: Kozhikodan Chicken Dum Biryani**Veg:** Paneer Biryani

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



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MENU - DINNER



1-OCT Thursday

Kanji (Porridge) | Red CowPeas Saute | Coconut Chutney | Pappad | Chicken Pickle |

10-OCT Saturday

All : Puttu | Veg Salad
Non Veg: Fish Mulakittathu
Veg: Veg Mappas

2-OCT Friday

All: Chapati | Chef Special Shahi Paneer | Mint Cucumber Salad

11-OCT Sunday

All: Rice| Upperi | Pepper Rasam | Pickle
Non Veg: Omelet
Veg: Brinjal Pollichath

3-OCT Saturday

All: Chocolate Pudding | Ketchup | Onion Vinegar Salad
Non-veg: Schezwan Chicken Fried Rice
Veg: Schezwan Veg Fried Rice

12-OCT Monday

All : Kerala Parotta | Veg Salad
Non Veg: Kadai Chicken
Veg: Kadai Veg

4-OCT Sunday

All : Ketchup| Caramel Pudding
Non Veg: Egg Noodles
Veg: Veg Noodle| Chilli Honey Potato

13-OCT Tuesday

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

5-OCT Monday

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

14-OCT Wednesday

All : Veg Fried Rice | Chilli Gobi | Red Cabbage Pineapple Salad

6-OCT Tuesday

All: Plain Rice | Dal Palak | Thoran | Pickle | Crispy Soya Fry

15-OCT Thursday

All: Chapati | Mix Veg Curry
Non Veg: Chicken Varaval
Veg: Rajma Masala | Salad

7-OCT Wednesday

All: Chapati | Soya Paneer Masala | Beetroot & Cabbage Salad in Lemon

16-OCT Friday

All: Plain Rice | Mix Veg Thoran | Pumpkin Dal Curry | Pickle | Pappad | Cut Fruits

8-OCT Thursday

All: Veg.Pulao | Veg.Salad
Non-Veg: Butter Garlic Chicken
Veg: Aloo Mutter Masala

17-OCT Saturday

All: Puttu | Chilli Cut Mango Onion Salad
Non- Veg: Egg Pepper Masala
Veg: Aloo Mutter Masala

9-OCT Friday

All: Appam | Fruit Salad
Non Veg: Egg Masala
Veg: Mix Veg Curry | Aloo Bindi

18-OCT Sunday

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

19-OCT

Monday

All: Chapati | Veg.Salad
Non-Veg: Butter Garlic Chicken
Veg: Aloo Mutter Masala

20-OCT

Tuesday

POOJA HOLIDAY

21-OCT

Wednesday

All: Puttu | Salad
Non-veg: Egg Pepper Masala
Veg: Veg. Mappas

22-OCT

Thursday

All: Appam | Seasonal Cucumber Filler Salad
Non Veg: Chicken Roast
Veg: Potato Varattiyathu | Cheese ball

23-OCT

Friday

Moongdal Khichdi | Warm Desi Ghee | Roasted Pappad |
 Chilled Raitha | Veg Pickle

24-OCT

Saturday

All :Chapati | Chef Special Dessert
Non Veg: Fish Chilli
Veg: Chilli Paneer

25-OCT

Sunday

All: Rice | Dal Tomato Fry | Soya Deep Fry |
 Pickle | Pappadam

26-OCT

Monday

All : Puttu | Veg Salad
Non Veg: Malabar Chcken Curry
Veg: Potato Masala Curry

27-OCT

Tuesday

All: Chapati | Mixed Soya Masala | Fresh Garden Salad

28-OCT

Wednesday

All: Appam | Veg. Salad
Non-Veg: Egg Masala
Veg: Aloo Mutter Masala

29-OCT

Thursday

All: Kerala Parotta | Shahi Tukda
Non Veg: Fish Molee
Veg: Kadai Veg

30-OCT

Friday

All: Plain Rice | Pepper Rasam | Vanpayar Upperi | Pickle
 Gobi Fry

31-OCT

Saturday

All : Veg.Fried Rice | Salad
Non Veg: Chilli Egg
Veg: Chilli Paneer



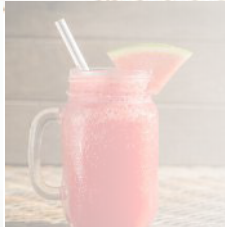
Fuel up for a day of learning with our delicious school meal menu!



MENU

SNACKS

MORNING SNACKS



1-OCT Thursday

Vattayappam

2-OCT Friday

Rava Laddu

3-OCT Saturday

Boiled Banana

4-OCT Sunday

Kesari

5-OCT Monday

Bread & Jam

6-OCT Tuesday

Semiya Kesari

7-OCT Wednesday

Sweet Potato

8-OCT Thursday

Vattayappam

9-OCT Friday

Rava Laddu

10-OCT Saturday

Boiled Banana

11-OCT Sunday

Kesari

12-OCT Monday

Bread & Jam

13-OCT Tuesday

Semiya Kesari

14-OCT Wednesday

Sweet Potato

15-OCT Thursday

Vattayappam

16-OCT Friday

Rava Laddu

17-OCT Saturday

Boiled Banana

18-OCT Sunday

Kesari

19-OCT Monday

Bread & Jam

20-OCT Tuesday

Semiya Kesari

21-OCT Wednesday

Sweet Potato

22-OCT Thursday

Vattayappam

23-OCT Friday

Rava Laddu

24-OCT Saturday

Boiled Banana

25-OCT Sunday

Kesari

26-OCT Monday

Bread & Jam

27-OCT Tuesday

Semiya Kesari

28-OCT Wednesday

Sweet Potato

29-OCT Thursday

Vattayappam

30-OCT Friday

Kesari

31-OCT Saturday

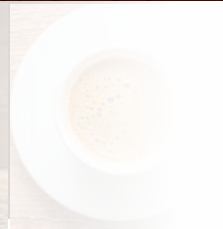
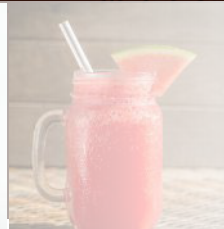
Bread & Jam



MENU

SNACKS

EVENING TEA & SNACKS



1-OCT Thursday

French Toast

2-OCT Friday

Elanchi

3-OCT Saturday

Ada

4-OCT Sunday

Banana Fry

5-OCT Monday

Kozhukkatta

6-OCT Tuesday

Veg Kathi Roll

7-OCT Wednesday

Avil Vilayichathu

8-OCT Thursday

Veg.Samosa

9-OCT Friday

Masala Kalmas

10-OCT Saturday

Veg.Cutlet

11-OCT Sunday

French Toast

12-OCT Monday

Elanchi

13-OCT Tuesday

Ada

14-OCT Wednesday

Banana Fry

15-OCT Thursday

Kozhukkatta

16-OCT Friday

Veg Kathi Roll

17-OCT Saturday

Avil Vilayichathu

18-OCT Sunday

Veg.Samoosa

19-OCT Monday

Masala Kalmas

20-OCT Tuesday

French Toast

21-OCT Wednesday

Elanchi

22-OCT Thursday

Ada

23-OCT Friday

Banana Fry

24-OCT Saturday

Kozhukkatta

25-OCT Sunday

Veg Kathi Roll

26-OCT Monday

Avil Vilayichathu

27-OCT Tuesday

Veg.Samoosa

28-OCT Wednesday

Masala Kalmas

29-OCT Thursday

Veg.Cutlet

30-OCT Friday

French Toast

31-OCT Saturday

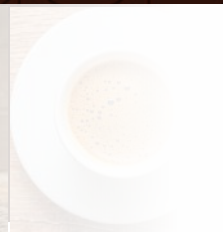
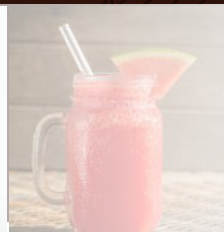
Banana Fry



MENU

JUICE

EVENING JUICE



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1-OCT

Thursday

Mint Lime

2-OCT

Friday

Grape Lime

3-OCT

Saturday

Watermelon Juice

4-OCT

Sunday

Sarbath

5-OCT

Monday

Pineapple lime

6-OCT

Tuesday

Grape Juice

7-OCT

Wednesday

Ginger Lime

8-OCT

Thursday

Mint Lime

9-OCT

Friday

Grape Lime

10-OCT

Saturday

Watermelon Juice

11-OCT

Sunday

Sarbath

12-OCT

Monday

Pineapple lime

13-OCT

Tuesday

Grape Juice

14-OCT

Wednesday

Ginger Lime

15-OCT

Thursday

Mint Lime

16-OCT

Friday

Grape Lime

17-OCT

Saturday

Watermelon Juice

18-OCT

Sunday

Sarbath

19-OCT

Monday

Pineapple lime

20-OCT

Tuesday

Ginger Lime

21-OCT

Wednesday

Mint Lime

22-OCT

Thursday

Grape Lime

23-OCT

Friday

Watermelon Juice

24-OCT

Saturday

Sarbath

25-OCT

Sunday

Pineapple lime

26-OCT

Monday

Grape Juice

27-OCT

Tuesday

Ginger Lime

28-OCT

Wednesday

Mint Lime

29-OCT

Thursday

Grape Lime

30-OCT

Friday

Watermelon Juice

31-OCT

Saturday

Pineapple lime