



SALWAN PUBLIC SCHOOL

Rajendra Nagar, New Delhi

MID-DAY MEAL MENU – JULY 2026

Academic Session 2026-27

DATE	DAY	FOOD	ACCOMPANIMENTS
Week 1	Monday	Rajma Rice	Chaach
	Tuesday	Aloo Matar Sabji + Chapati	Shakarkandi
	Wednesday	Idli Sambar	Banana
	Thursday	Shahi Paneer+ Chapati	Rice Papad
	Friday	Black Channa + Rice	Lemonade
	Saturday	Daal Parantha + Curd	Amla Candy
Week 2	Sunday	HOLIDAY	
	Monday	Poori + Aloo	Banana
	Tuesday	White Channa + Rice	Rice Papad
	Wednesday	Malai Kofta+ Chapati	Chakli
	Thursday	Vegetable Noodles	Energy Drink- Tang
	Friday	Vegetable Cutlet + Upma	Biscuit
	Saturday	HOLIDAY	
Week 3	Sunday	HOLIDAY	
	Monday	Chole Poori	Banana
	Tuesday	Fried Rice + Manchurian	Lemonade
	Wednesday	Shahi Paneer + Chapati	Chakli
	Thursday	Pao Bhaji	Drink
	Friday	Parantha+ Dal Makhani	Amla Candy
	Saturday	Boondi Kadi + Rice	Fruit
Week 4	Sunday	HOLIDAY	
	Monday	Aloo Paratha + Raita	Seasonal Fruit
	Tuesday	Vegetable Red Sauce Pasta	Energy Drink- Tang
	Wednesday	Channa Daal Khichdi+ Boondi Raita	Chakli
	Thursday	Idli Sambar	Banana
	Friday	Rajma Rice	Chaach
	Saturday	Chole Poori	Halwa
Week 5	Sunday	HOLIDAY	
	Monday	Kadi Rice	Banana
	Tuesday	Vada Sambar	Lemonade
	Wednesday	Malai Kofta+ Chapati	Rice Papad
	Thursday	Matra Kulcha	Biscuit
	Friday	Black Channa + Rice	Tang Drink
	Saturday	Dal Makhni + Parantha	Besan Ladoo