THE INDIAN PUBLIC SCHOOL – FOOD MENU (WEEK – 01)

Sl. No	Days	Lunch	Dessert	Post Lunch Break
1	Monday	Steamed Rice, Mix Veg Curry, Gobi 65, Rasam and Butter Milk	Pineapple Kesari	Badam Milk
2	Tuesday	Cream of Mushroom Soup, Chappathi, Potato & peas Khurma, Dal Rice, Beetroot Poriyal and Steamed Rice with Rasam and Curd		Cut Cucumber
3	Wednesday	Sauteed Vegetables, Chappathi, Veg Khurma, Lemon Rice, Paruppu Thovaiyal, Kambu Curd Rice	Gulab Jamun	Health mix
4	Thursday	Steamed Rice, Pulka, Dal Palak, Carrot & Beans Poriyal, Dal Rasam, and Curd		Green Gram
5	Friday	Cottage Cheese Biryani, Fryms, Onion Raita, Carrot Chappathi and Mix Veg Gravy, Curd Rice & Banana		Raagi Malt
6	Saturday	Muringa Soup, Chappathi with Chenna Masala, Tamarind Rice, Potato Chops, and Kutharaivali Curd Rice	Carrot Halwa	Boiled Sprouts

Sl. No	Days	Lunch	Dessert	Post Lunch Break
1	Monday	Fruit Salad, Tomato Rice, Onion Raita, Potato Poriyal, Chappathi, Chenna Masala and Kambu Curd Rice	Ada Pradaman	Cut Watermelon
2	Tuesday	Steamed Rice, Green Gram, Chappathi, Vazhaithandu Poriyal, Yenna Kathari Puzhi Kuzhambu, Rasam & Buttermilk		Ulundhu & Coconut milk
3	Wednesday	Chappathi, Palak Paneer, Sambar Rice, Vadagam, and Steamed Rice, Rasam and Buttermilk	Bread Halwa	Sauteed Rajma
4	Thursday	Steamed Rice, Paruppu Thovaiyal, Keerai Kootu, Ladies finger Puzhi kuzhambu, Rasam & Curd		Health Mix
5	Friday	Veg Noodles, Veg Pulao, Beetroot Raita, Singaporean Gobi Manchurian, Curd Rice and Banana		Boiled peanuts
6	Saturday	Cut Watermelon, Palak Chappathi, Veg Curry, Coconut Rice, Beetroot Poriyal and Steamed Rice, Rasam with Buttermilk	Wheat Payasam	Fruit Salad

Sl. No	Days	Lunch	Dessert	Post Lunch Break
1	Monday	Steamed Rice, Bottle gourd & Redcow black eyed peas curry, Yam Chops, Papad, Rasam and Curd	Karupatti Halwa	Health Mix
2	Tuesday	Veg salad, Paneer and Mutter Biryani, Fryms & Onion Raita, Chappathi, Kadai Veg Gravy & Kambu Curd Rice		Fruit Salad
3	Wednesday	Steamed Rice, Chappathi, Green Gram, Snake gourd Batter Fry, Rasam and Curd	Sweet Pongal	Raagi Malt
4	Thursday	Romali Roti, Paneer Butter Masala, Coriander Rice, Cucumber Raita, Steamed Rice with Rasam and Buttermilk		Sautéed Tapioca
5	Friday	Cut Fruits, Chappathi, Chole Butter Masala, Mango Rice, Papad Steamed Rice & Butter Milk		Badam Milk
6	Saturday	Steamed Rice, Chappathi, Rajma Curry, Puzhi Kulambu, Raw Banana Poriyal, Lemon Rasam and Buttermilk	Custard Fruits	Buttered Corn

THE INDIAN PUBLIC SCHOOL – FOOD MENU (WEEK – 04)

Sl. No	Days	Lunch	IB Dessert	Post Lunch Break
1	Monday	Steamed Rice, Dal palak, Chappathi, Cabbage Poriyal, Vada, Dal Rasam and Butter Milk	Sweet Boondhi	Banana
2	Tuesday	Ghee Rice, Beetroot Raita, Potato Poriyal, Chappathi, Mushroom & Mutter Gravy, Steamed Rice with Rasam and Curd		Butter Milk
3	Wednesday	Green Salad, Chappathi, Meal Maker Gravy, Chenna Rice, Cucumber Raita, Steamed Rice with Buttermilk	Rava Laddu	Sauteed Green Gram
4	Thursday	Veg Hyderabadi Biryani, Onion Raita, Chappathi, Kovai Tomato Thokku, Fryms, Steamed Rice, Curd & Rasam		Badam Milk
5	Friday	Cream of Corn Soup, Chappathi, Veg Khurma, Dal Rice, Coriander Thovaiyal and Steamed Rice with Buttermilk		Sauteed Chenna
6	Saturday	Cut Papaya, Butter Chappathi, Kadala Curry, Thatta Payir Sadam and Puzhi Chutney, Steamed Rice with Curd	Punjabi Payasam	Health Mix

Note:

- Vegetables and Fruits are subjected to change as per the seasonal availability
- If any major changes in menu we will update in our Tips portal
- Food for sick will be available when the child is not well
- Food court timings and menu are displayed in our notice board