



SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

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

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

Battoora | Chole Masala | Cut Fruits | Lime Juice

30-JUN | Tuesday

Veg Sandwich | Ketchup | Lime Juice



MENU - LUNCH



SADHBHAVANA
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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

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

14-JUN Sunday

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

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

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

23-JUN Tuesday

All: Onion Salad | Ghee Rice | Raitha | Pickle |
Tender 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

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

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

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!



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MENU - DINNER



SADHBHAVANA
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1-JUN | Monday

All: Green Chilli Sauce | Tomato Ketchup |
Cucumbar Onion Tomato Salad
Non-veg: Egg Fried Rice
Veg: Veg Fried Rice

9-JUN | Tuesday

All: Gheerice | Raitha | Mint Chutney
Non-veg: Egg Roast
Veg: Kadai Paneer

2-JUN | Tuesday

Plain Rice | Rasam | Thoran | Pickle | Soya Fry

10-JUN | Wednesday

Carrot & Cabbage Slaw | Jeera Rice | Kadai Vegetable | Pickle

3-JUN | Wednesday

Battoora | Chole Masala | Salad

11-JUN | Thursday

All: Green Chilli Sauce | Tomato Ketchup | Cucumber Onion Tomato Salad
Non-veg: Egg Fried Rice
Veg: Veg Fried Rice

4-JUN | Thursday

All: Ghee Rice | Onion Cucumber Tomato Salad
Non-veg: Butter Chicken Masala
Veg: Paneer Butter Masala

12-JUN | Friday

All: Dosa | Coconut Chutney | Tomato Chutney
Non-veg: Omlet
Veg: Paneer Tawa Fry

5-JUN | Friday

Rice | Dal Tomato Curry | Upperi | Pickle | Rasam

13-JUN | Saturday

All: Chilly Cut Mango Onion Salad | Puttu
Non-veg: Egg Curry
Veg: Kadala Curry/Vegetable Curry

6-JUN | Saturday

Veg Pulav | Paneer Butter Masala | Dessert

14-JUN | Sunday

All: Coconut Rice | Cucumber Onion | Tomato Salad |
Non-veg: Chicken Curry
Veg: Soya fry

7-JUN | Sunday

Puttu | Kadala Curry | Cut Fruits

15-JUN | Monday

Battoora | Chole Masala | Salad

8-JUN | Monday

All: Dosa | Coconut Chutney | Tomato Chutney
Non-veg: Omlet
Veg: Paneer Tawa Fry

16-JUN | Tuesday

All: Plain Rice | Rasam | Thoran | Pickle
Non-veg: Fish Fry
Veg: Crispy Soya Fry

17-JUN | Wednesday

Veg Biryani | Raitha | Mint Chutney | Pickle |
Cucumber & Tomato Salad

18-JUN | Thursday

All: Gheerice | Raitha | Pickle
Non-veg: Nadan Chicken Curry
Veg: Veg Kuruma

19-JUN | Friday

Dosa | Coconut Chutney | Tomato Chutney |
Pepper Soya Roast | Chef Spl.Dessert

20-JUN | Saturday

Puttu | Kadala Curry | Dessert

21-JUN | Sunday

All: Plain Rice | Venda Theeyal | Thoran | Pickle
Veg: Crispy Soya Fry

22-JUN | Monday

All: Seasonal Veggie Salad | Tomato Ketchup
Non-veg: Chicken Noodles
Veg: Veg Noodles

23-JUN | Tuesday

Rice | Dal Curry | Mezhukku Puratti | Yam Fry | Pickle

24-JUN | Wednesday

All: Green Chilli Sauce | Tomato Ketchup | Cucumber Onion Tomato Salad
Non-veg: Egg Fried Rice
Veg: Veg Fried Rice

25-JUN | Thursday

All: Rice | Upperi | Pickle | Rasam
Non-veg: Fish Mulakittathu
Veg: Ladies finger & Ground nut Fry

26-JUN | Friday

Plain Rice | Rasam | Thoran | Pickle | Soya Fry

27-JUN | Saturday

All: Veg Pulao | Onion Cucumber Tomato Salad
Non-veg: Butter Chicken Masala
Veg: Paneer Butter Masala

28-JUN | Sunday

Gothambu Puttu | Kadala Curry

29-JUN | Monday

All: Seasonal Veggie Salad | Tomato Ketchup
Non-veg: Chicken Noodles
Veg: Veg Noodles

30-JUN | Tuesday

Veg Biryani | Raitha | Pickle | Cucumber & Tomato Salad

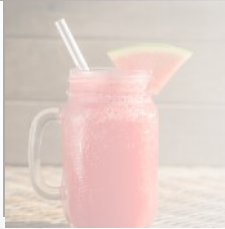




MENU

MENU - SNACKS

MORNING SNACKS



SADHBHAVANA
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1-JUN | Monday

Butter Cookies

2-JUN | Tuesday

Chocolate Cookies

3-JUN | Wednesday

Muffins

4-JUN | Thursday

Tea Cake

5-JUN | Friday

Plum Cake

6-JUN | Saturday

Biscuit

7-JUN | Sunday

Butter Cookies

8-JUN | Monday

Chocolate Cookies

9-JUN | Tuesday

Muffins

10-JUN | Wednesday

Tea Cake

11-JUN | Thursday

Plum Cake

12-JUN | Friday

Biscuit

13-JUN | Saturday

Butter Cookies

14-JUN | Sunday

Chocolate Cookies

15-JUN | Monday

Muffins

16-JUN | Tuesday

Tea Cake

17-JUN | Wednesday

Plum Cake

18-JUN | Thursday

Biscuit

19-JUN | Friday

Butter Cookies

20-JUN | Saturday

Chocolate Cookies

21-JUN | Sunday

Muffins

22-JUN | Monday

Tea Cake

23-JUN | Tuesday

Plum Cake

24-JUN | Wednesday

Biscuit

25-JUN | Thursday

Butter Cookies

26-JUN | Friday

Chocolate Cookies

27-JUN | Saturday

Muffins

28-JUN | Sunday

Tea Cake

29-JUN | Monday

Plum Cake

30-JUN | Tuesday

Biscuit



MENU

MENU - SNACKS

EVENING TEA & SNACKS



SADHBHAVANA
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1-JUN Monday

Veg Samoosa

2-JUN Tuesday

Elanchi

3-JUN Wednesday

Uzhunnu vada

4-JUN Thursday

Spring Roll

5-JUN Friday

Mirchi Bajji

6-JUN Saturday

Banana Fritter

7-JUN Sunday

Veg.Samoosa

8-JUN Monday

Egg Bajji

9-JUN Tuesday

Kayappam

10-JUN Wednesday

Ulli Vada

11-JUN Thursday

Sugiyam

12-JUN Friday

Kayappam

13-JUN Saturday

Ullivada

14-JUN Sunday

Parippuvada

15-JUN Monday

Veg.Cutlet

16-JUN Tuesday

Egg Bajji

17-JUN Wednesday

Spring Roll

18-JUN Thursday

Veg.Samoosa

19-JUN Friday

Spring Roll

20-JUN Saturday

Mirchi Bajji

21-JUN Sunday

Sugiyam

22-JUN Monday

Kayappam

23-JUN Tuesday

Ulli Vada

24-JUN Wednesday

Parippu Vada

25-JUN Thursday

Uzhunnu vada

26-JUN Friday

Aloo Bonda

27-JUN Saturday

Veg.Cutlet

28-JUN Sunday

Veg.Samoosa

29-JUN Monday

Elanchi

30-JUN Tuesday

Parippuvada



MENU

MENU - JUICE



SADHBHAVANA
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1-JUN | Monday

Watermelon Juice

2-JUN | Tuesday

Pineapple Mint Juice

3-JUN | Wednesday

Lime Juice

4-JUN | Thursday

Mix Fruit Juice

5-JUN | Friday

Passion Fruit Juice

6-JUN | Saturday

Mint Lime

7-JUN | Sunday

Sarbath

8-JUN | Monday

Watermelon Juice

9-JUN | Tuesday

Pineapple Mint Juice

10-JUN | Wednesday

Mix Fruit Juice

11-JUN | Thursday

Passion Fruit Juice

12-JUN | Friday

Mint Lime

13-JUN | Saturday

Lime Juice

14-JUN | Sunday

Watermelon Juice

15-JUN | Monday

Pineapple Mint Juice

16-JUN | Tuesday

Lime Juice

17-JUN | Wednesday

Mix Fruit Juice

18-JUN | Thursday

Passion Fruit Juice

19-JUN | Friday

Watermelon Juice

20-JUN | Saturday

Sarbath

21-JUN | Sunday

Pineapple Mint Juice

22-JUN | Monday

Lime Juice

23-JUN | Tuesday

Mix Fruit Juice

24-JUN | Wednesday

Mint Lime

25-JUN | Thursday

Sarbath

26-JUN | Friday

Pineapple Mint Juice

27-JUN | Saturday

Lime Juice

28-JUN | Sunday

Sarbath

29-JUN | Monday

Pineapple mint Juice

30-JUN | Tuesday

Lime Juice