



MENU

SEPTEMBER 2026 - BREAKFAST

**1-SEP**

Tuesday

All: Bread | Veg Stew | Boost

Non Veg : Egg Burji**Veg:** Potato Smiley"**2-SEP**

Wednesday

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

3-SEP

Thursday

All: Puttu | Cherupayar Curry | Cut Fruits | Mint Lime

4-SEP

Friday

All: Rava Upma | Kadala Fry | Horlicks

5-SEP

Saturday

All: Appam | Veg Kuruma | Cut Fruits | Lime

6-SEP

Sunday

All: Chilly Idly | Coconut Chutney | Tomato Chutney | Lime Juice

7-SEP

Monday

All: Bhatara | Chole Masala | Boost

8-SEP

Tuesday

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

Non Veg : Omlet**Veg:** Potato Smiley"**9-SEP**

Wednesday

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

10-SEP

Thursday

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

11-SEP

Friday

All: Veg Sandwich | French Fries | Ketchup | Boost

12-SEP

Saturday

All: Appam | Green Peas Masala | Mint Lime

13-SEP

Sunday

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

14-SEP

Monday

All: Croissant | Cornflakes & Milk

15-SEP

Tuesday

All: Horlicks | Choco Syrup | Boiled Banana | Horlicks

Non-Veg: Pan Cake**Veg:** Veg.Sandwich**16-SEP**

Wednesday

All: Appam| Lime

Non Veg: Egg Masala**Veg:** Green Peas Masala | Potato Smiley**17-SEP**

Thursday

All: Chapati | Green Peas Masala | Boost

18-SEP

Friday

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

19-SEP

Saturday

All: Rava Upma | Kadala Fry | Pappadam | Horlicks

20-SEP

Sunday

All: Bread | Veg Stew | Boost

21-SEP

Monday

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

22-SEP

Tuesday

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

23-SEP

Wednesday

All: Cut Fruits | Mint Juice

Non Veg : Chicken Tikka Sandwich**Veg:** Paneer Tikka Sandwich**24-SEP**

Thursday

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

25-SEP

Friday

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

26-SEP

Saturday

All: Dosa | Sambar | Coconut Chutney | Lime Juice

27-SEP

Sunday

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

28-SEP

Monday

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

29-SEP

Tuesday

All: Chapati | Green Peas Masala | Boost

30-SEP

Wednesday

All: Bread | Butter | Jam | Horlicks

Non Veg : Omlet**Veg:** Potato Smiley



MENU - LUNCH



1-SEP Tuesday All: Ghee Rice Raitha Pickle Semiya Payasam Non-Veg: Malabar Chicken Kuruma Veg: Cauliflower Masala Curd	11-SEP Friday All: Raita Pickle Cut Fruits Non-veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani
2-SEP Wednesday All: Plain Rice Pulisseri Potato Mezhukkupurati Pickle Pappad Chammanthi Semiya Payasam	12-SEP Saturday All: Plain Rice Sambar Pickle Upperi Chef Special Dessert
3-SEP Thursday All: Raita Pickle Ice Cream Non-Veg: Kozhikodan Chicken Dum Biryani Veg: Paneer Biryani	13-SEP Sunday All: Plain Rice Upperi Pickle Pudding Non Veg: Chicken Varutharacha Curry Veg: Cauliflower Masala
4-SEP Friday All: Plain Rice Upperi Pickle Pudding Non Veg: Chicken Varutharacha Curry Veg: Cauliflower Masala	14-SEP Monday All: Plain Rice Sambar Aviyal Pickle Puli Inchi Semiya Payasam
5-SEP Saturday All: Chapati Plain Rice Dal Spinach Curry Achinga Mezhukkupurati Pickle Pappad Semiya Payasam Non Veg: Omlet Veg: Soya Dry Fry	15-SEP Tuesday All: Green Chilli Sauce Tomato Ketchup Cucumber Onion Tomato Salad Carrot Halwa Non-Veg: Chicken Fried Rice Veg: Veg Fried Rice
6-SEP Sunday All :Ghee Rice Veg Stew Pickle Raitha Dessert	16-SEP Wednesday All: Plain Rice Chammanthi Pickle Thoran Tendur Coconut Pudding Non Veg: Coconut Mango Fish Curry Veg: Brinjal Pollichathu Packed Curd
7-SEP Monday All: Green Chilli Sauce Tomato Ketchup Cucumber Onion Tomato Salad Beetroot Halwa Non-Veg: Egg Fried Rice Veg: Veg Fried Rice	17-SEP Thursday All: Chapati Ghee Rice Biryani Chutney Raitha Pickle Ice Cream Non-Veg: Egg Varuth Aracha Curry Veg: Soya Fry
8-SEP Tuesday All: Plain Rice Mathan Payar Curry Thoran Pickle Pachamoru Chammanthi Payasam	18-SEP Friday All: White Cabbage Salad Mayonnaise Tomato Chutney Flavored Yogurt Non-Veg: Chicken Mandi Veg: Veg Mandhi Gopi 65
9-SEP Wednesday All: Rice Mango Drumstic Curry Thoran Pappad Pickle Pudding Non-Veg: Fish Fry Veg: Paneer Tawa Fry Packed Curd	19-SEP Saturday All: Plain Rice Pulisseri Kovakka Mezhukkupurati Pickle Pappad Chammanthi Semiya Payasam
10-SEP Thursday All: Ghee Rice Biryani Chutney Raitha Pickle Ice Cream Non Veg: Malabar Chicken Curry Veg: Chilly Paneer	20-SEP Sunday All: Plain Rice Tomato Drumstic Curry Pickle Pudding Non Veg: Chicken 65 Veg: Gobi 65

21-SEP	Monday		26-SEP	Saturday	All: Plain Rice Dal Spinach Curry Potato Mezhukkupurati Pickle Pappad Semiya Payasam Non-Veg: Omlet Veg: Soya Dry Fry
All: Veg Fried Rice Ket up Chilly Vinegar Gulab Jamun					
22-SEP	Tuesday		27-SEP	Sunday	All: Plain Rice Upperi Pickle Salad Pudding Non Veg: Nadan Chicken Curry Veg: Cauliflower Masala
All: Plain Rice Upperi Pickle Salad Pudding Non Veg: Chicken Varutharacha Curry Veg: Cauliflower Masala					
23-SEP	Wednesday		28-SEP	Monday	All: Plain Rice Sambar Aviyal Pickle Puli Inchi Semiya Payasam
All: Rice Mango Drumstic Curry Thoran Pappad Pickle Payasam Non-Veg: Fish Fry Veg: Paneer Tawa Fry Packed Curd					
24-SEP	Thursday		29-SEP	Tuesday	All: Green Salad Ketchup Custard Non-Veg: Sweet Corn Chicken Soup Chicken Noodles Veg: Sweet Corn Veg Soup Veg. Noodles
All: Chapati Veg.Pulao Chilly Paneer Mixed Raitha Pickle Pappad Beetroot Halwa					
25-SEP	Friday		30-SEP	Wednesday	All: Rice Theeyal (Drum stic) Upperi Yellow Lime Pickle Payasam Non-Veg: Fish Fry Veg: Soya Dry Fry Curd
All: Raita Pickle Ice Cream Non-Veg: Kozhikodan Chicken Dum Biriyani Veg: Paneer Biriyani					

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

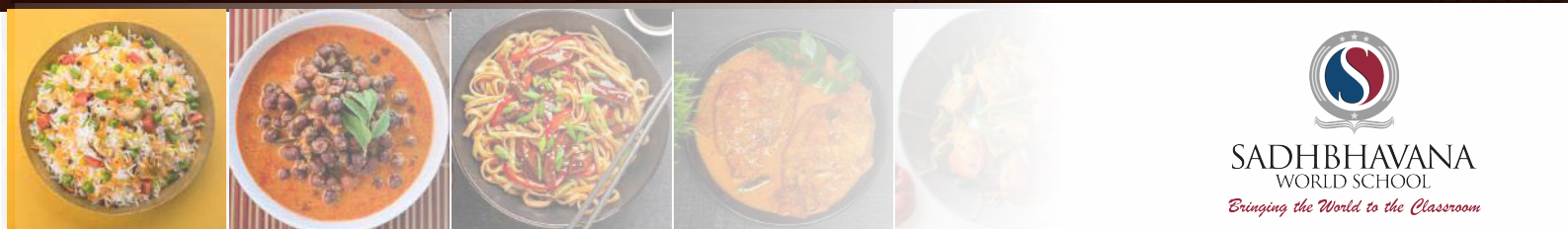


SADHBHAVANA
WORLD SCHOOL

Bringing the World to the Classroom



MENU - DINNER



1-SEP Tuesday

All: Chapati | Potato Masala Curry | Veg. Salad

2-SEP Wednesday

All: Appam | Salad
Non Veg: Egg Roast
Veg: Veg. Mappas

3-SEP Thursday

All: Plain Rice | Tomato Fry | Van payar Upperi | Pappadam | Pickle

4-SEP Friday

All: Chapati | Green Peas Masala | Veg. Salad

5-SEP Saturday

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

6-SEP Sunday

All: Green Salad | Ketchup | Custard
Non Veg: Chicken Noodles
Veg: Veg Noodles

7-SEP Monday

All: Chapati | Tomato Masala | Water Melon Cut Fruits

8-SEP Tuesday

All : Puttu | Veg Salad
Non Veg: Chicken Curry
Veg: Potato Masala Curry

9-SEP Wednesday

All: Appam | Salad
Non Veg: Egg Roast
Veg: Veg. Mappas

10-SEP Thursday

All: Chapati | Aloo Subji | Kachumber Salad

11-SEP Friday

All: Plain Rice | Tomato Fry | Yam fry | Pappadam | Pickle

12-SEP Saturday

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

13-SEP Sunday

All: Chapati | Soya Paneer Masala | Veg. Salad

14-SEP Monday

All: Tomato Rice | Veg Salad
Non Veg: Egg Pepper Masala
Veg: Paneer Masala

15-SEP Tuesday

All: Bhatura | Chole Masala | Salad

16-SEP Wednesday

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

17-SEP Thursday

All: Mini Appam | Dessert
Non Veg: Pepper Chicken
Veg: Chilly Paneer

18-SEP Friday

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

19-SEP Saturday

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

20-SEP Sunday

All: Chapati | Paneer Mutter Masala | Veg. Salad

21-SEP

Monday

All: Appam | Salad

Non Veg: Fish Masala**Veg:** Paneer Tikka Masala**26-SEP**

Saturday

All: Chapati | Soya Fry | Veg. Salad

22-SEP

Tuesday

All: Dosa | Coconut Chutney | Tomato Chutney | Cut Fruits

27-SEP

Sunday

All: Rice | Tomato Roast | Rasam | Upperi | Pickle | Pappadam

23-SEP

Wednesday

All: Chapati | Aloo MutterMasala | Veg Salad

28-SEP

Monday

All: Bhatura | Veg. Salad

Non-Veg: Egg Pepper Masala**Veg:** Aloo Mutter Masala**24-SEP**

Thursday

All: Shawaya Rice | Veg salad

Non Veg: Pepper Chicken**Veg:** Paneer Tikka Masala**29-SEP**

Tuesday

All: Appam | Veg. Mappas | Salad

25-SEP

Friday

All: Curd Rice | Pickle | Pappadam | Curd Chilly

30-SEP

Wednesday

All: Chapati | Palak Paneer | Dessert



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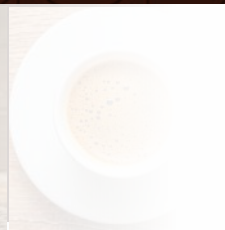




MENU

SNACKS

MORNING SNACKS



SADHBHAVANA
WORLD SCHOOL
Bringing the World to the Classroom

1-SEP

Tuesday

Biscuits

2-SEP

Wednesday

Cookies

3-SEP

Thursday

Cake

4-SEP

Friday

Biscuits

5-SEP

Saturday

Cookies

6-SEP

Sunday

Cake

7-SEP

Monday

Biscuits

8-SEP

Tuesday

Cookies

9-SEP

Wednesday

Cake

10-SEP

Thursday

Biscuits

11-SEP

Friday

Cookies

12-SEP

Saturday

Cake

13-SEP

Sunday

Biscuits

14-SEP

Monday

Cookies

15-SEP

Tuesday

Cake

16-SEP

Wednesday

Biscuits

17-SEP

Thursday

Cookies

18-SEP

Friday

Cake

19-SEP

Saturday

Biscuits

20-SEP

Sunday

Cookies

21-SEP

Monday

Cake

22-SEP

Tuesday

Biscuits

23-SEP

Wednesday

Cookies

24-SEP

Thursday

Cake

25-SEP

Friday

Cookies

26-SEP

Saturday

Cake

27-SEP

Sunday

Biscuits

28-SEP

Monday

Cookies

29-SEP

Tuesday

Biscuits

30-SEP

Wednesday

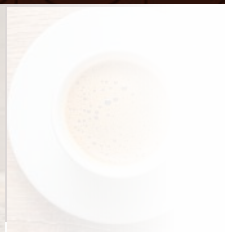
Cake



MENU

SNACKS

EVENING TEA & SNACKS



1-SEP Tuesday

Veg Cutlet

2-SEP Wednesday

Elanchi

3-SEP Thursday

Ela Ada

4-SEP Friday

Veg Samosa

5-SEP Saturday

Parippuvada

6-SEP Sunday

Banana Fry

7-SEP Monday

Egg Bonda

8-SEP Tuesday

Bar Cake

9-SEP Wednesday

Kozhukkatta

10-SEP Thursday

Spring Roll

11-SEP Friday

Veg Cutlet

12-SEP Saturday

Elanchi

13-SEP Sunday

Ela Ada

14-SEP Monday

Veg Samosa

15-SEP Tuesday

Parippuvada

16-SEP Wednesday

Banana Fry

17-SEP Thursday

Egg Bonda

18-SEP Friday

Bar Cake

19-SEP Saturday

Kozhukkatta

20-SEP Sunday

Spring Roll

21-SEP Monday

Veg Cutlet

22-SEP Tuesday

Elanchi

23-SEP Wednesday

Ela Ada

24-SEP Thursday

Veg Samosa

25-SEP Friday

Parippuvada

26-SEP Saturday

Banana Fry

27-SEP Sunday

Egg Bonda

28-SEP Monday

Bar Cake

29-SEP Tuesday

Kozhukkatta

30-SEP Wednesday

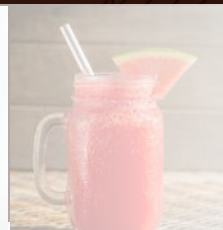
Spring Roll



MENU

JUICE

EVENING JUICE



1-SEP

Tuesday

Mint Lime

2-SEP

Wednesday

Passion Fruit Juice

3-SEP

Thursday

Lime

4-SEP

Friday

Sar bath

5-SEP

Saturday

Mint Lime

6-SEP

Sunday

Passion Fruit Juice

7-SEP

Monday

Lime

8-SEP

Tuesday

Sar bath

9-SEP

Wednesday

Mint Lime

10-SEP

Thursday

Passion Fruit Juice

11-SEP

Friday

Lime

12-SEP

Saturday

Sar bath

13-SEP

Sunday

Mint Lime

14-SEP

Monday

Passion Fruit Juice

15-SEP

Tuesday

Lime

16-SEP

Wednesday

Sar bath

17-SEP

Thursday

Mint Lime

18-SEP

Friday

Passion Fruit Juice

19-SEP

Saturday

Lime

20-SEP

Sunday

Sar bath

21-SEP

Monday

Mint Lime

22-SEP

Tuesday

Passion Fruit Juice

23-SEP

Wednesday

Lime

24-SEP

Thursday

Sar bath

25-SEP

Friday

Mint Lime

26-SEP

Saturday

Passion Fruit Juice

27-SEP

Sunday

Lime

28-SEP

Monday

Sar bath

29-SEP

Tuesday

Mint Lime

30-SEP

Wednesday

Passion Fruit Juice