

SALWAN PUBLIC SCHOOL, MAYUR VIHAR			
ACADEMIC SESSION: 2025-2026			
Mid Day Meal, Menu-July 2025			
Date	Day	Food	Accompaniments
1.07.25	Tuesday	Rajma Rice	Roohafza
2.07.25	Wednesday	Idli Sambar	Banana
3.07.25	Thursday	Brown Bread butter / Jam + Cutlet	Aamla Candies
4.07.25	Friday	Puri Black Chana	Lemonade (salted)
5.07.25	Saturday	Malai Kofta + Chapati	Fruit
6.07.25	Sunday	HOLIDAY	
7.07.25	Monday	Boondi Kadi + Rice	Besan Ladoo
8.07.25	Tuesday	Chapati+ Mixed Vegetable	Aam Pana
9.07.25	Wednesday	Parantha	Fruit
10.07.25	Thursday	Fried Rice + Manchurian	Chhach
11.07.25	Friday	Dal Makhni + Parantha	Biscuits
12.07.25	Saturday	HOLIDAY	
13.07.25	Sunday	HOLIDAY	
14.07.25	Monday	Chana Dal Khichdi + Boondi Raita	Fruit
15.07.25	Tuesday	Vegetable Noodles	Corn Salad
16.07.25	Wednesday	Mix Vegetable Sabzi + Parantha	Fruit Custard
17.07.25	Thursday	Matar Kulcha	Roohafza
18.07.25	Friday	Pao Bhaji	Chakli
19.07.25	Saturday	Masala Uttapam + Coconut Chutney	Fruit
20.07.25	Sunday	HOLIDAY	
21.07.25	Monday	White Chana + Rice	Ice Cream
22.07.25	Tuesday	Bread Pakora + Macaroni	Fruit
23.07.25	Wednesday	Aloo Paneer Parantha + Curd	Lemonade (salted)
24.07.25	Thursday	Idli Sambar	Fruit
25.07.25	Friday	Dal Makhni + Parantha	Burfi
26.07.25	Saturday	HOLIDAY	
27.07.25	Sunday	HOLIDAY	
28.07.25	Monday	Mix Dal Rice	Lemonade
29.07.25	Tuesday	Puri Aloo	Aam Pana
30.07.25	Wednesday	Brown Bread Butter Jam + Cutlet	Chhach
31.07.25	Thursday	Idli Sambar	Banana