The Heritage School, Rohini

Meal Menu for the Month of Nov 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 (D3)						**1 School Closed for All**
Breakfast: Mini samosa, Strawberry Shake Lunch:-Dal Bukhara, Khatta Meetha Petha, Rice/Roti, Gulab jamun.						
2 (D5)	**3 D6(19)**	**4 (D1)**	**5 (D2)**	**6 (D3)**	**7 School Closed for All**	**8 School Closed for All**
Breakfast: Veg poha, banana milk shake Lunch: Chaap masala, Arhar dal, Rice/Roti, shirazi salad.	Breakfast; Bhelpuri, Coconut water. Lunch:- Black Channa, Aloo Gobhi, Rice/Roti, boondi raita.	Breakfast: : Upma, Rasam Lunch:- Veg.Noodles, Schezwan Paneer Gravy,Honey Chilly Potato, Chocolate cake.	Breakfast: Corn spinach sandwich, potato wedges, tomato soup Lunch:- Shahi Paneer,Vegetable Biryani, Roti, mix veg Raita.	Breakfast: Broccoli paratha, curd Lunch: Kadhi Pakoda, Jeera Aloo, Rice/Roti, Fryums.		**Diwali**
9	**10**	**11**	**12 (D4)**	**13 (D5)**	**14 School Closed for All**	**15 School Closed for All**
Govardhan Puja	**HOLIDAY**	**Bhaiya Dooj**	Breakfast: Bread Pakora, Oreo Shake. lunch:Ghiya channa ki dal, Veg Jalfrezi, kachumber Salad, Rice/Roti	Breakfast: Veg Dalia, Lemon Tang Lunch: Corn Spinach Sandwich, Red Sauce Macaroni, Saute Vegetables, Custard.		**Chhat Puja**
16 D6(20)	**17 (D1)**	**18 (D2)**	**19 (D3)**	**20 (D4)**	**21 Working Day for Teachers**	**22 School Closed for All**
Breakfast: Veg cutlet, Banana. Lunch: Palak Paneer, Panchmeel Dal, Green Salad, Rice/Roti.	Breakfast: Aloo pyaz paratha, Oranges Lunch:- Rajma, Mix Veg, Plain Rice/Roti, Boondi Raita.	Breakfast:Nacho corn Chaat, Hot and Sour Soup Lunch: Dal Dhaba, Aloo matar, Rice/Roti, Apple mint salad	Breakfast: Stuffed Moong Dal Chilla, Roasted Almonds Lunch:- Paneer Bhurji, Dal Makhni, Roti /Rice, Pineapple Raita.	Breakfast:Tadka Idli, Rasam, Roasted Cashews Lunch: Sarso ka Saag, Matar Gobhi, Makki ki Roti, Gud.		
23 (D5)	**24**	**25 D6(21)**	**26 (D1)**	**27 (D2)**	**28 School Closed for All**	**29 School Closed for All**
Breakfast: Dal Paratha, Butter, Saffron Milk Lunch: Matar-Kulcha, Dahi Bhalla, Kachaloo Papdi Chaat, Lemon Onions.	**Guru Nanak Jayanti**	Breakfast: Stuffed Besan Chilla with Hot Chocolate Milk Lunch: Lemon Peanut Rice, Sambar, Vada, Coconut Chutney, Apallam.	Breakfast: Stuffed Wheat Kulcha, almond Milk Lunch: Matar Paneer, Yellow Moong Dal, Rice/Pudina Parantha, Carrot and Radish Salad.	Breakfast:Veg. Frankie wrap, tomato Shorba Lunch: Methi Aloo, Chole, Rice/Roti,Jalebi.		

PINK HIGHLIGHTED: Lactose intolerance — milk products such as curd, paneer, cream, lassi/chhanch & cheese

BLUE HIGHLIGHTED: Nuts allergy — peanuts, almonds, cashews & dry fruits/nuts

BROWN HIGHLIGHTED: Both allergies — dairy + nuts in the same item

DISCLAIMER: Menu may change due to non-availability of material or any unexpected closure of school.