

# The Heritage School, Rohini

## Meal Menu for the Month of July 2026

| Monday                                                                                                                                    | Tuesday                                                                                                                              | Wednesday                                                                                                            | Thursday                                                                                                                  | Friday                                                                                                                  | Saturday                                                             | Sunday                   |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------|
|                                                                                                                                           |                                                                                                                                      | 1 Teachers Join                                                                                                      | 2 (D2) Students Join                                                                                                      | 3 (D3)                                                                                                                  | 4 School Closed for All                                              | 5 School Closed for All  |
|                                                                                                                                           |                                                                                                                                      | <b>Lunch:-</b> Pav Bhaji, Dahi bhalla, Salad.                                                                        | <b>Breakfast:</b> Veg Roll, Strawberry Shake.<br><b>Lunch:</b> Rajma, Tori masala, Rice, Roti, Boondi Raita.              | <b>Breakfast:</b> Veg Macroni, Chocolate milk.<br><b>Lunch:</b> Moong Dal, Paneer Bhurji, Rice, Roti, Apple Mint Salad. |                                                                      |                          |
| 6 (D4)                                                                                                                                    | 7 (D5)                                                                                                                               | 8 D6(6)                                                                                                              | 9 (D1)                                                                                                                    | 10 (D2)                                                                                                                 | 11 Working Day for Teachers                                          | 12 School Closed for All |
| <b>Breakfast:</b> Grilled Veg Sandwich, Lemon water<br><b>Lunch:</b> Amritsari Dal, Aloo ki sabji, Rice, Roti, Moong Sprout Peanut Salad. | <b>Breakfast:</b> Veg Upma, Rasam.<br><b>Lunch:</b> Tawa Pulao, Malai Kofta, Roti, Mix Raita.                                        | <b>Breakfast:</b> Nutrella Soya Wrap, Chhach<br><b>Lunch:</b> black Masoor Dal Rice, Ghiya Kofta, Roti, Mix Salad.   | <b>Breakfast:</b> Aloo-pyaz parantha, Curd, Butter<br><b>Lunch:</b> Chhole, Kurkuri Bhindi, Jeera Rice, Roti, Mint raita. | <b>Breakfast:</b> Stuffed Besan Chilla, Kesar Milk<br><b>Lunch:</b> Idli, Lemon Rice, Sambhar, Chutneys, Gulab jamun.   | <b>Lunch:</b> Moong Dal, bharwa karela, Roti, Rice, Apple Mint Salad |                          |
| 13 (D3)                                                                                                                                   | 14 (D4)                                                                                                                              | 15 (D5)                                                                                                              | 16 D6(7)                                                                                                                  | 17 (D1)                                                                                                                 | 18 School Closed for All                                             | 19 School Closed for All |
| <b>Breakfast:</b> Moong Dal chilla, Sweet Lassi<br><b>Lunch:</b> Dal Makhani, Jeera aloo, Rice, Roti, Pineapple Raita                     | <b>Breakfast:</b> Masala Idli, Lemonade<br><b>Lunch:</b> Soya Chaap Gravy, Moong Masoor Dal, Rice, Roti, Fryums.                     | <b>Breakfast:</b> Veg. dalia, Aam Panna<br><b>Lunch:</b> Kadhi pakoda, Arbi Fry, rice roti, Jalebi.                  | <b>Breakfast:</b> Aloo toast, Roasted Almonds<br><b>Lunch:</b> Veg Khidchi, Paneer butter masala, Roti, Jeera Raita.      | <b>Breakfast:</b> Mini Uttapam, chutney<br><b>Lunch:</b> Chana Dal, Mushroom masala, Rice, Roti, Mix Veg Raita.         |                                                                      |                          |
| 20 (D2)                                                                                                                                   | 21 (D3)                                                                                                                              | 22 (D4)                                                                                                              | 23 (D5)                                                                                                                   | 24 D6(8)                                                                                                                | 25 Working Day for Teachers                                          | 26 School Closed for All |
| <b>Breakfast:</b> Veg cutlet, Tomato shorba<br><b>Lunch:</b> Black chana, Baigan Masala, Rice, Roti, mint raita.                          | <b>Breakfast:</b> Nachos Corn Chaat, Mango shake<br><b>Lunch:</b> Hakka noodles, Veg manchurian, Honey chilli potato, Mango custard. | <b>Breakfast:</b> Veg Frankie, Chhach<br><b>Lunch:</b> Aloo Subzi, Khatta Meetha Petha, Poori, Rice, cucumber raita. | <b>Breakfast:</b> Paneer Parantha, Butter<br><b>Lunch:</b> Matar Kulcha, Papdi Chaat, Peanut Salad.                       | <b>Breakfast:</b> Burger, Lemonade<br><b>Lunch:</b> Dal Tadka, mix veg, Rice, Roti, Boondi raita.                       | <b>Lunch:</b> Amritsari Channa, Puri, Jeera Rice, Aam ki chutney.    |                          |
| 27 (D1)                                                                                                                                   | 28 (D2)                                                                                                                              | 29 (D3)                                                                                                              | 30 (D4)                                                                                                                   | 31 (D5)                                                                                                                 |                                                                      |                          |
| <b>Breakfast:</b> Oats chilla, Tomato chutney<br><b>Lunch:</b> Dal Bhukara, Aloo Beans, Rice, Roti, Green Salad.                          | <b>Breakfast:</b> Pizza Sandwich, Coconut Water<br><b>Lunch:</b> Matar Paneer, Tinda Dry Masala, Rice, Roti, cucumber raita.         | <b>Breakfast:</b> Vermicelli, Lemonade<br><b>Lunch:</b> Red Masoor Dal, Paneer Jalfezi, Rice, Roti, Shirazi Salad.   | <b>Breakfast:</b> Masala Dosa, Rasam<br><b>Lunch:</b> Rajma, Bhindi masala, Rice, Roti, Papad.                            | <b>Breakfast:</b> Poha, chaach<br><b>Lunch:</b> Mix Sauce Pasta, Potato Wedges, Veg Sandwich, Brownie.                  |                                                                      |                          |

**PINK HIGHLIGHTED:-** LACTOSE INTOLERANCE (ALLERGIC TO MILK PRODUCTS LIKE CURD, PANEER, CREAM, LASSI/CHHANCH & CHEESE ETC.)

**BLUE HIGHLIGHTED:-** NUTS ALLERGIC (PEANUTS & DRY FRUITS ETC.)

**BROWN HIGHLIGHTED :-**BOTH (LACTOSE INTOLERANCE & NUTS ALLERGIC).

**DISCLAIMER:-** MENU MAY CHANGE DUE TO NON-AVAILABILITY OF MATERIAL OR ANY UNEXPECTED CLOSURE OF SCHOOL.