

EVOLVE HIGH GLOBAL SCHOOL

Cafeteria Menu (Grade 1 to 9) - JAN 2026

DATE	BREAKFAST	LUNCH
05-01-2026 MONDAY	POHE WITH LADOO	MIX VEG RAITA,ALOOMUTTER DRY, DAL JEERA RICE, CHAPATI
06-01-2026 TUESDAY	IDLI CHATANI (QTY - 2+1 REFILL)	SALAD, CHAVALI USAL, AMATI, JEERA RICE, CHAPATI
07-01-2026 WEDNESDAY	VERMICILI UPAMA WITH BANANA	FRYUMS, CABBAGE CHANA, DAL LASUNI , VEG, PUALAV,CHAPATI
08-01-2026 THURSDAY	SHABUDANA KHICHADI + RAJGIRA LADOO	PICKLE, SPRING ONION BESAN, DAL FRY, JEERA RICE CHAPATI
09-01-2026 FRIDAY	PAV BHAJI (QTY PAV - 2+1 REFILL)	BOONDI RAITA, PALAK PANEER, VARAN,PLAIN RICE,CHPATI, SWEET: GULABJAMUN
10-01-2026 SATURDAY	VEG HAKKA NOODLES	-----
12-01-2026 MONDAY	SHEERA WITH BANANA	CORN CHAT, BHINDI FRY, AMATI ,PLAIN RICE, CHAPATI
13-01-2026 TUESDAY	UTTAPA WITH CHATANI (QTY - 1+1 REFILL)	CUCUMBER SALAD, CHANA MASALA, DAL KOLHAPURI, JEERA RICE, CHAPATI
14-01-2026 WEDNESDAY	HOLIDAY	
15-01-2026 THURSDAY	VEG. SANDWICH WITH RAJGIRA LADOO (QTY - 2+1 REFILL)	SALAD, MIX USAL, TOMATO SAAR, LEMON RICE, CHAPATI
16-01-2026 FRIDAY	BATATA WADA SAMBAR (QTY - 2+1 REFILL)	RAITA, KURMA ,KADHI,JEERA RICE ,CHAPATI , SWEET : SHEVAYA KHEER
17-01-2026 SATURDAY	HOLIDAY	
19-01-2026 MONDAY	UPAMA WITH CHIKKI	RAITA, CLUSTER BEANS,SHEVAGA AMATI,STEAM RICE,CHAPATI
20-01-2026 TUESDAY	MACRONI PASTA	SALAD MATAKI USAL,VARAN, PLAIN RICE, CHAPATI
21-01-2026 WEDNESDAY	MEDU WADA WITH CHATANI (QTY - 2+1 REFILL)	BEET ROOT SALAD, CHOLE, DAL PALAK,VEG PULAV,CHAPATI
22-01-2026 THURSDAY	SHABUDANA KHICHADI WITH BANANA	RAITA, SOYACHUNKS, DAL FRY, JEERA RICE, CHAPATI
23-01-2026 FRIDAY	VERMICILI UPAMA WITH BANANA	SALAD, PANEER MASALA, DAL, JEERA RICE, CHAPATI, SWEET : JILEBI
24-01-2026 SATURDAY	MISAL PAV (QTY PAV - 2+1 REFILL)	-----
26-01-2026 MONDAY	HOLIDAY	
27-01-2026 TUESDAY	SPROUT BHEL WITH SHEV	FRYUMS, SHEV BHAJI, KADHI ,PLAIN RICE, CHAPATI
28-01-2026 WEDNESDAY	IDLI WITH SAMBAR (QTY - 2+1 REFILL)	SALAD,PANJABI RAJAMA MASALA, AMATI , PLAIN RICE , CHAPATI
29-01-2026 THURSDAY	PAV BHAJI (QTY PAV - 2+1 REFILL)	FRYUMS, VEG KOLHAPURI, DAL,PLAIN RICE ,CHAPATI
30-01-2026 FRIDAY	CHOLE WITH PURI	VEG FRIED RICE, HAKKA NOODLES, MANCHURIAN: SWEET : SHRIKHANDA
31-01-2026 SATURDAY	HOLIDAY	

Note - Please note that the portion sizes have been carefully determined to help children stay active and energetic throughout the day, while also avoiding heavy meals that may cause lethargy.