

# EVOLVE HIGH GLOBAL SCHOOL

## Cafeteria Menu July 2026

Date	Day	Breakfast	Lunch
1-Jul-26	Wed	Upma + Shev + Chikki	Green Salad + Palak Bhaji + Khichadi Rice + Chapatti
2-Jul-26	Thu	Sabudana Khichadi + Rajgira Ladoo	Salad + Aloo Mutter + Chapatti + Khichadi Rice
3-Jul-26	Fri	Pohe + Shev + Fruit	Salad + Mix Veg + Chapatti + Masala Rice + <b>Shreekhand</b>
4-Jul-26	Sat	Veg Sadwich + Sauce (Qty. - 2+1 Refill)	-----
5-Jul-26	Sun	Holiday	
6-Jul-26	Mon	Idli Sambar (Qty. - 2+1 Refill)	Raita + Batata (Dosa bhaji) + Chapatti + Plain Dal Rice
7-Jul-26	Tue	Shira + Banana	Koshimbir + Dal Methi + Masala Bhat + Chapatti
8-Jul-26	Wed	Shevai Upma + Fruit	Raita + Akkha Masoor + Chapatti + Phodni Waran + Plain Rice
9-Jul-26	Thu	Sabudana Khichadi + Rajgira Ladoo	Salad + Bhendi + Chapatti + Pulav
10-Jul-26	Fri	Misal Pav (Qty. Pav - 2+1 Refill)	Koshimbir + Gavar Bhaji + Chapatai + Khichadi Rice + <b>Shevai Kheer</b>
11-Jul-26	Sat	Poori + Aloo Bhaji (Qty. Puri - 2+1 Refill)	-----
12-Jul-26	Sun	Holiday	
13-Jul-26	Mon	Methi Thepale + Sauce (Qty. - 2+1 Refill)	Salad + Cabbage Sabji + Chapatti + Khichadi Rice
14-Jul-26	Tue	Dhokala Chatani (Qty. - 2+1 Refill)	Salad + Chole Masala + Chapatti + Jeera Rice + Dal Fry
15-Jul-26	Wed	Dadpe Pohe	Green Salad + Palak Bhaji + Khichadi Rice + Chapatti
16-Jul-26	Thu	Upma + Shev + Chikki	Raita + Soyabean Masala + Chapatti + Amti Rice
17-Jul-26	Fri	Medu Wada Sambar (Qty. - 2+1 Refill)	Salad + Pav Bhaji + Pulav + <b>Gulabjam</b>
18-Jul-26	Sat	-----	
19-Jul-26	Sun	Holiday	
20-Jul-26	Mon	Shevai Upma + Fruit	Salad + Chana Masala + Chapatti + Jeera Rice + Dal Fry
21-Jul-26	Tue	Aloo Paratha + Cud	Koshimbir + Dal Methi + Masala Bhat + Chapatti
22-Jul-26	Wed	Shira + Banana	Salad + Dal Palak + Chapatti + Masala Rice
23-Jul-26	Thu	Sabudana Khichadi + Shengdana Ladoo / Chikki	Koshimbir + Bhendi Masala + Chapatti + Khichadi Rice
24-Jul-26	Fri	Pav Bhaji (Qty. Pav - 2+1 Refill)	Raita + Rajma + Chapatti + Pulav + Jilebi
25-Jul-26	Sat	-----	
26-Jul-26	Sun	Holiday	
27-Jul-26	Mon	Pohe + Fruit	Salad + Beans Rassa + Chapatti + Dal Rice
28-Jul-26	Tue	Shevai Upma + Fruit	Raita + Aloo Mutter + Chapatti + Amti Rice
29-Jul-26	Wed	Dadpe Pohe	Salad + Batata Bhaji + Chapatti + Masala Rice
30-Jul-26	Thu	Dhokala Chatani (Qty. - 2+1 Refill)	Salad + Green Mutter Usal + Chapatti + Khichadi Rice
31-Jul-26	Fri	Idli + Chatani (Qty. - 2+1 Refill)	-----

**Note - Please note that the portion sizes have been carefully determined to help children stay active and energetic throughout the day while avoiding heavy meals that may cause lethargy. Sweet dishes are offered only in limited portions to encourage balanced eating habits.**