

Evolve High Global School

Cafeteria Menu - September (Grade 1 to 10)

Date	Day	Breakfast	Lunch
01/Sep/26	Tue	Pohe + Fruit	Raita + Bhindi Masala + Dal + Rice + Chapati
02/Sep/26	Wed	Upma + Shev	Salad + Cauliflower Mutter Bhaji + Chapati + Khichadi Rice
03/Sep/26	Thu	Shabudana + Ladoo	Salad + Palak Paneer + Chapati + Veg Pulav + Shevai Kheer
04/Sep/26	Fri	Shevai Upma	-----
05/Sep/26	Sat	Holiday	
06/Sep/26	Sun	Holiday	
07/Sep/26	Mon	Dadpe Pohe + Banana	Salad + Matki Usal + Chapati + Jeera Rice + Dal Tadaka
08/Sep/26	Tue	Shabudana + Chikki	Salad + Tomato Chatani + Chapati + Khichadi Rice
09/Sep/26	Wed	Methi Thepala + Curd (2 + 1 Refill)	Carrot Koshimbir + Cabbage Bhaji + Chapati + Phodni Varan + Rice
10/Sep/26	Thu	Sheera + Banana	-----
11/Sep/26	Fri	Pohe + Pomegranate	Raita + Shev Bhaji + Chapati + Masale Bhat + Jelibi
12/Sep/26	Sat	Medu Wada Sambar (2 + 1 Refill)	-----
13/Sep/26	Sun	Holiday	
14/Sep/26	Mon	Holiday	
15/Sep/26	Tue	Veg Sandwich + Sauce (2 + 1 Refill)	Salad + Gavar Batata + Chapati + Masala Rice
16/Sep/26	Wed	Dadpe Pohe + Banana	Koshimbir + Dal Bhopla + Chapati + Rice + Amati
17/Sep/26	Thu	Aloo Paratha + Curd (2 + 1 Refill)	Salad + Akkha Masoor + Chapati + Khichadi Rice + Shreekhand
18/Sep/26	Fri	Holiday	
19/Sep/26	Sat	Holiday	
20/Sep/26	Sun	Holiday	
21/Sep/26	Mon	Medu Wada Sambar (2 + 1 Refill)	Carrot Koshimbir + Chavali Rassa + Chapati + Khichadi Rice
22/Sep/26	Tue	Shabudana Khichadi + Rajgira ladu	Raita + Batata Bhaji + Chapati + Jeera Rice + Dal Tadaka
23/Sep/26	Wed	Dhokla Chatani (4 + 1 Refill)	Salad + Soybean Rassa + Chapati + Khichadi Rice
24/Sep/26	Thu	Palak Thepala + Curd (2 + 1 Refill)	Koshimbir + Chole Masala + Chapati + Dal Rice + Modak (2 Nos)
25/Sep/26	Fri	Holiday	
26/Sep/26	Sat	Holiday	
27/Sep/26	Sun	Holiday	
28/Sep/26	Mon	Upma + Shev + Chikki	Salad + Mix Sprout Usal + Chapati + Masala Rice
29/Sep/26	Tue	Idli Sambar (2 + 1 Refill)	Raita + Paneer masala + Chapati + Jeera Rice + Dal Tadaka + Gulab jam
30/Sep/26	Wed	Shevai Upma	-----

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.