SWS NOVEMBER SNACKS AND LUNCH MENU

	MORNING SNACKS		LUNCH MENU		EVENING SNACKS

PLEASE FIND THE SNACK ITEM RATES BELOW THE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2-Nov-26	3-Nov-26	4-Nov-26	5-Nov-26	6-Nov-26
	GOAN SAMOSA	PYAAZ KACHORI	VEG FRANKIE	CHEESE SANDWICH	
	MASALA RAITA	LASSI	TADKA CHAACH	BOONDI RAITA	
	MISAL JHOL	YELLOW TADKA DAL	SOYA MASALA	ALOO TOMATO JHOL	
	PAV	LAUKI TOMATO	TOOR DAL	KALA CHANA MASALA	
	WHITE VEG PULAO	RICE	JEERA RICE	PURI	
	VINEGER ONION	ROTI	TAWA PARATHA	VEG PULAO	
	MIXED PICKLE	SPROUT SALAD	KUCHUMBER	CUT SALAD	
	FRIED MIRCHI	LEMON PICKLE	MANGO PICKLE	MANGO PICKLE	
	BESAN BARFI		BANANA	SUJI HALWA	
					DIWALI VACATION
	PAPDI CHAAT	FRENCH FRIES	BHEL	SEV PURI	
ENERGY (KCAL)	600	569	603	563	
PROTEINS (GMS)	20.6	21.5	24.4	19.1	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-Nov-26	10-Nov-26	11-Nov-26	12-Nov-26	13-Nov-26
					VADA PAV
	DIWALI VACATION				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16-Nov-26	17-Nov-26	18-Nov-26	19-Nov-26	20-Nov-26
	IDLI CHUTNEY	COLESAW S/W	DABELI	UTAPPAM CHUTNEY	SAMOSA
	CHAAS	WHOLE MASOOR DAL	TADKA CHAACH	LASSI	SHIKANJI
	RAJMA	JEERA ALOO	BHINDI	IDLI	BUTTER PAV
	ALOO GOBHI	RICE/ROTI	DAL FRY	WADA	BHAJI
	ROTI	FRIED MIRCHI	ROTI	SAMBHAR	LEMON RICE
	RICE	SLICE SALAD	RICE	RICE	RAITA

	KUCHUMBER SALAD	SWEET LEMON PICKLE	CUT SALAD	CUCUMBER STICKS	ONION SALAD
	LEMON PICKLE	RICE KHEER	MANGO PICKLE	GREEN CHILLI PICKLE	CHIKKI
	ATTA HALWA		MURMURA LADOO		
	SWEET CORN	**ONION PAKODA**	**FRENCH FRIES**	**KAPPA**	**BHEL**
ENERGY (KCAL)	**625**	**591**	**603**	**593**	**610**
PROTEINS (GMS)	**21**	**20.3**	**24.4**	**21.8**	**14.2**
	MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
	23-Nov-26	**24-Nov-26**	**25-Nov-26**	**26-Nov-26**	**27-Nov-26**
	KASTHA KACHORI	**VADA PAV**	**VEG FRANKIE**	**CUCUMBER TOMATO S/W**	**SAMOSA**
	ALOO MATAR JHOL	KOKUM	LASSI	CHAAS	NIMBU SHIKANJI
	METHI PARATHA	VEG XACUTI	YELLOW MOONG DAL	RED MASSOR DAL	PASTA
	BOONDI RAITA	GOAN CHAWLI	BHINDI	BAIGAN MASALA	GARLIC BUNS
	SOYA CHUNKS BIRYANI	MAIDA PURI	ROTI	JEERA RICE	MASALA BHAAT
	CUT SALAD	RICE	RICE	ROTI	RAITA
	TOMOTO CHUTNEY	SLICE SALAD	FRIED CHILLI	KHUCHUMBAR SALAD	CUCUMBER STICKS
	FRIED MIRCHI/ SWEET LEMON PICKLE	RAW MANGO PICKLE	MIXED PICKLE	FRIED MIRCHI	LEMON PICKLE
	SUJI KA HALWA	CHIKKI	CUCUMBER STICKS	RAW MANGO PICKLE	CAKE SLICE
				BANANA	
	FRENCH FRIES	**CORN CHAAT**	**BHEL**	**ONION PAKODA**	**PAPDI CHAAT**
ENERGY (KCAL)	**626**	**654**	**598**	**563**	**610**
PROTEINS (GMS)	**19.1**	**21.8**	**19.0**	**21.5**	**14.2**
	MONDAY				
	30-Nov-26				
	KASTHA KACHORI				
	CHAACH				
	KALI DAL MIX				
	DRY MIX VEG				
	ROTI / RICE				

	KUCHUMBER SALAD				
	MIXED PICKLE				
	FRIED MIRCHI				
	MURMURA LADOO				
	FRENCH FRIES				
ENERGY (KCAL)	**563**				
PROTEINS (GMS)	**19.1**				

CANTEEN ITEM RATES

ITEM	QUANTITY	RATE	ITEM	QUANTITY	RATE
BOMBAY SANDWICH	1 PC	45	BHEL PURI	1 BOWL	35
CHUTNEY SANDWICH	1 PC	30	PAPDI CHAAT	1 PLATE	40
COLESAW SANDWICH	1PC	50	SEV PURI	1 PLATE	45
CHEESE SANDWICH	1PC	55	CORN CHAAT	1 BOWL	40
CUCUMBER /TOMATO SANDWICH	1PC	30	MATRA CHAAT	1 BOWL	40
BUTTER JAM SANDWICH	1PC	30	KAPPA	1 PLATE	30
ALOO SANDWICH	1PC	40	ONION PAKKODA	1 PLATE	30
VEG CUTTLET PAV	1PC	55	FRENCH FRIES	1 PLATE	45
VEG CUTTLET	1PC	30	VEG FRANKIE	1PC	60
DABELI	1 PC	40	UTHAPAM CHUTNEY	1 PC	60
IDLI CHUTNEY	2 PCS	50	DOSA CHUTNEY	1 PC	60
			WATER BOTTLE	1PC	15
BREAD ROLL	1PC	45	MILK SHAKE KESAR BADAM	PKT	30
DHOKLA	2 PC	40	MILK SHAKE KESAR CHOCO	1BOTTLE	30
BREAD PAKODA	1PC	40	MILK SHAKE VANILA	1BOTTLE	30
WADA PAV	1PC	55	MILK SHAKE ROSE	1BOTTLE	30
CHINESE SAMOSA	1PC	60	SWING POMEGRANATE	1BOTTLE	20
GOAN SAMOSA	1 PC	45	SWING LYCHEE	1BOTTLE	20
KHASTA KACHORI	1 PC	45	SWING GUAVA	1BOTTLE	20
PYAAZ KACHORI	1 PC	60	SWING MIXED FRUITS	1BOTTLE	20
PANEER BHURJI PAV	1 PC	60	SWING MANGO	1BOTTLE	20
TOMATO CHILLI POP CORN	PKT	10	SWING COCONUT	1BOTTLE	20
BUTTER POPCORN	1PKT	10			
CHEESE POPCORN	1PKT	10	MINI CHOCO BAR	1PC	20

NACHO PERI PERI	1PKT	20	VANILA BITES	1PC	10
NACHO JALAPENO	1PKT	20	RASBERRY BITES	1PC	10
NACHO TOMATO	1PKT	20	ICE CREAM BUTTER SCOTCH SANDWICH	1PC	15
NACHO CHEESE	PC	20	BELGIAN CHOCOLATE SANDWICH	1PC	25
MOONFILS BAULI CHOCHO	PKT	25	VANILA CUP 85ML	1PC	30
MOONFILS BAULI VANILA	1PKT	25	VANILA CUP 60ML	1PC	20
MOONFILS STRAWBERRY	1PKT	25	JOLLY TRAIN	1PC	25
MOONFILS CHEESE	1PKT	25	TWO IN ONE MANGO	1PC	30
POPZ HAZELNUT CRUNCH	1PKT	10	VANILA ICONE	1PC	30
POPZ CHOCOLATE CRUNCH	1PKT	10	COTTON CANDY ICONE	1PC	30
POPZ COOKIES &CREAM	1PKT	10	CHOCOLATE ICONE	1PC	30
FRESH FRUITS	1	35	FRESH TENDER COCONUT	1	75