

SWS OCTOBER SNACKS AND LUNCH MENU

MORNING SNACKS		LUNCH MENU		EVENING SNACKS
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PLEASE FIND THE SNACK ITEM RATES BELOW THE MENU

				THURSDAY	FRIDAY
				1-Oct-26	2-Oct-26 Langar
				BREAD PAKODA	SAMOSA
				TADKA CHAACH	DAHI
				JAIN MIX DAL	VEG MASALA KHICHDI
				BHINDI	METHI PARATHA
				ROTI	GREEN CHUTNEY
				RICE	TOMATO CHUTNEY
				CUT SALAD	GHEE & PAPAD
				MANGO PICKLE	CUCUMBER STICKS
				COCONUT BARFI	PICKLE
					BESAN BARFI
				SEV PURI	KAPA
ENERGY (KCAL)				563	593
PROTEINS (GMS)				19.1	21.8
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5-Oct-26	6-Oct-26	7-Oct-26	8-Oct-26	9-Oct-26
	GOAN SAMOSA	DOSA CHUTNEY	VEG FRANKIE	CHEESE SANDWICH	VADA PAV
	MASALA RAITA	LASSI	TADKA CHAACH	KOKUM SHARBAT	LEMON RASANA
	CHOLA	YELLOW TADKA DAL	MATAR PANEER	GOAN VATANA	MISAL JHOL
	BHATURA	LAUKI TOMATO	TOOR DAL	GOAN ALOO	MIXED SEV
	WHITE VEG PULAO	RICE	RICE	RICE	MASALA BHAAT
	VINEGER ONION	ROTI	TAWA PARATHA	PURI	GRATED CUCUMBER CARROT RAITA
	MIXED PICKLE	SPROUT SALAD	KUCHUMBER	SLICE CUCUMBER	PAV
	FRIED MIRCHI	LEMON PICKLE	MANGO PICKLE	FRIED MIRCHI	LEMON PICKLE

	GULAB JAMUN		BANANA	RAJGEERA LADOO	VINEGAR ONION
					BOONDI
	SEV PURI	FRENCH FRIES	BHEL	KAPPA	PAPDI CHAAT
ENERGY (KCAL)	640	569	640	588	600
PROTEINS (GMS)	21.2	21.5	23.4	20.7	20.6
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12-Oct-26	13-Oct-26	14-Oct-26	15-Oct-26	16-Oct-26
	IDLI CHUTNEY	COLESAW S/W	DABELI	UTAPPAM CHUTNEY	SAMOSA
	CHAAS	WHOLE MASOOR DAL	TADKA CHAACH	LASSI	TANG
	RAJMA	JEERA ALOO	SOYA MASALA	ALOO TOMATO JHOL	VEG CUTLET BURGER
	ALOO GOBHI	RICE/ROTI	DAL FRY	KALA CHANA MASALA	COLESLAW SALAD
	ROTI	FRIED MIRCHI	ROTI	TAWA PARATHA	TOMATO KETCHUP
	RICE	SPROUT SALAD	RICE	JEERA RICE	VEG MASALA RICE
	KUCHUMBER SALAD	SWEET LEMON PICKLE	CUT SALAD	CUCUMBER STICKS	MASALA RAITA
	LEMON PICKLE	RICE KHEER	MANGO PICKLE	GREEN CHILLI PICKLE	MANGO PICKLE
	ATTA HALWA		MURMURA LADOO		CHIKKI
	SWEETCORN	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
	19-Oct-26	20-Oct-26	21-Oct-26	22-Oct-26	23-Oct-26
	KASTHA KACHORI		VEG FRANKIE	CUCUMBER TOMATO S/W	CHUTNEY SANDWICH
	LUTPUTE ALOO		LASSI	CHAAS	NIMBU SHIKANJI
	KASHIFHAL	DUSSEHRA	IDLI	RED MASSOR DAL	BHAJI
	BOONDI RAITA	HOLIDAY	MEDU WADA	GOBHI MATAR	BUTTER PAV
	DAL PURI		SAMBHAR	JEERA RICE	MASALA BHAAT
	LEMON RICE		RICE	ROTI	RAITA

	TOMOTO CHUTNEY		COCONUT CHUTNEY	MACRONI SALAD	ONION SALAD
	FRIED MIRCHI/ SWEET LEMON PICKLE		MIXED PICKLE	FRIED MIRCHI	LEMON PICKLE
	SUJI KA HALWA			RAW MANGO PICKLE	COCONUT BARFI
				BANANA	
	FRENCH FRIES	CORN CHAT	BHEL	ONION PAKODA	PAPDI CHAT
ENERGY (KCAL)	626	654	598	563	610
PROTEINS (GMS)	19.1	21.8	19	21.5	14.2
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26-Oct-26	27-Oct-26	28-Oct-26	29-Oct-26	30-Oct-26
	KASTHA KACHORI	VADA PAV	VEG FRANKIE	BREAD PAKORA	SAMOSA
	CHAACH	SHIKANJI	CURD	KOKUM SHRBAT	TADKA CHAACH
	KALI DAL MIX	VEG HAKKA NOODLES	YELLOW DAL TADKA	CHAULI GRAVY	DAL MAKHNI
	VEG JHALFRAZI	VEG MANCHURIAN GRAVY	SOYA CAPSICUM GRAVY	PUMPKIN KATHA METHA	DRY ALOO TOMATO
	ROTI/RICE	VEG FRIED RICE	ROTI	ROTI	RICE
	KUCHUMBER SALAD	SCHEZWAN SAUCE	RICE	RICE	ROTI
	MIXED PICKLE	BANANA	CUCUMBER SALAD	KUCHUMBER	MIXED PICKLE
	FRIED MIRCHI		LEMON PICKLE	MIXED PICKLE	CUCUMBER SALAD
	MURMURA LADOO		FRIED CHILLI	BANANA	CHIKKI
			FRUIT CUSTARD		
	FRENCH FRIES	ONION PAKODA	SEV PURI	KAAPA	BHEL
ENERGY (KCAL)	563	602	603	598	563
PROTEINS (GMS)	19.1	12.8	24.4	19	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