

SWS AUGUST SNACKS AND LUNCH MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-AUG-26	4-AUG-26	5-AUG-26	6-AUG-26	7-AUG-26
	KHASTA KACHORI	BREAD ROLL	SAMOSA	PYAAZ KACHORI	WADA PAV
	ALOO SANDWICH	VEG SANDWICH	COLESAW S/W	VEG SANDWICH	CHUTNEY SANDWICH
	CHAACH	DAHI	PASTA	TADKA CHAACH	LASSI
	WHOLE MASOOR DAL	METHI PARATHA	TOOR DAL	JAIN MIX DAL	ALOO TOMATO JHOL
	ALOO MATAR	VEG KHICHDI	RICE	DRY MIX VEG	DRY KALA CHANA
	RICE	GHEE/PAPAD	GARLIC BUN	ROTI	TAWA PARATHA
	ROTI	MIXED PICKLE	PICKLE	RICE	JEERA RICE
	KUCHUMBER SALAD	GREEN CHUTNEY	CAKE SLICE	CUT SALAD	CUCUMBER STICKS
	LEMON PICKLE	TOMATO CHUTNEY		MANGO PICKLE	GREEN CHILLI PICKLE
	FRIED CHILLI	COCONUT BARFI		FRIED MIRCHI	
	GULAB JAMUN			MURMURA LADOO	
	BHEL PURI	SWEETCORN	MATRA CHAAT	SEV PURI	KAPA
	ENERGY (KCAL)	563	626	600	563
	PROTEINS (GMS)	21.5	19.1	17	19.1
	21.8				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10-AUG-26	11-AUG-26	12-AUG-26	13-AUG-26	14-AUG-26
	SAMOSA	KHASTA KACHORI	VEG FRANKIE	PYAAZ KACHORI	DABELI
	COLESAW /SW	VEG SANDWICH	KAKDI SANDWICH	CHEESE S/W	CUCUMBER TOMATO S/W
	DAHI	WHOLE MASOOR DAL	CHAACH	KOKUM SHARBAT	LASSI
	TADKA MIX DAL	GOBHI MATER	MATAR PANEER	GOAN VATANA	IDLI
	ALOO BEANS	RICE	TOOR DAL	GOAN ALOO	MEDU WADA
	RICE	ROTI	RICE	RICE	SAMBHAR
	ROTI	FRIED MIRCHI	TAWA PARATHA	PURI	RICE

	MACRONI SALAD	CUT SALAD	VINEGER ONION	SLICE CUCUMBER	COCONUT CHUTNEY
	MIXED PICKLE	SWEET LEMON PICKLE	MANGO PICKLE	FRIED MIRCHI	MIXED PICKLE
	FRIED MIRCHI	RICE KHEER	FRIED MIRCHI	RAJGEERA LADOO	
	CHIKKI		BANANA		
	SEV PURI	FRENCH FRIES	BHEL	KAPPA	PAPDI CHAAT
ENERGY (KCAL)	600	591	640	588	654
PROTEINS (GMS)	20.6	20.3	23.4	20.7	21.8
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	17-AUG-26	18-AUG-26	19-AUG-26	20-AUG-26	21-AUG-26
	PANEER BHURJI PAV	VEG FRANKIE	VEG CUTLET	SAMOSA	WADA PAV
	BUTTER JAM SANDWICH	VEG SANDWICH	COLESAW /SW	BUTTER JAM S/W	CHEESE SANDWICH
	KABULI CHANA MASALA	NIMBU PANI	DAHI	CHAACH	TOMATO SOUP
	ALOO PYAAZ	YELLOW DAL TADKA	ALOO PARATHA	CHANNA DAL TADKA	VEG HAKKA NOODLES
	JEERA RICE	SOYA MASALA GRAVY	MATAR PANEER PULAO	BHINDI SABJI	VEG MANCHURIAN GRAVY
	ROTI	ROTI	PAPAD	ROTI	VEG FRIED RICE
	VINEGAR SALAD	RICE	GREEN CHUTNEY	RICE	SCHEZWAN SAUCE
	MANGO PICKLE	CUCUMBER SALAD	CUT SALAD	CUCUMBER STICKS	MURMURA LADOO
	FRIED CHILLI	LEMON PICKLE	MIXED PICKLE	MIXED PICKLE	
	FRUIT CUSTARD	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	
		CHIKKI	BOONDI	BANANA	
	FRENCH FRIES	SEV PURI	KAPPA	PAPDI CHAAT	MATRA CHAAT
ENERGY (KCAL)	640	603	605	613	602
PROTEINS (GMS)	21..2	24.4	19.6	22.5	12.8
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24-AUG-26	25-AUG-26	26-AUG-26	27-AUG-26	28-AUG-26
	KASTHA KACHORI	VEG FRANKIE	PYAAZ KACHORI	DABELI	SAMOSA
	ALOO SANDWICH	COLESLAW SANDWICH	CHEESE S/W	CUCUMBER TOMATO S/W	CHUTNEY SANDWICH

	METHI PARATHA	LASSI	BLACK CUT URAD DAL MIX	CHAAS	NIMBU SHIKANJI
	VEG BIRYANI	YELLOW TADKA DAL	ALOO BAINGAN	RAJASTHANI KADI	BHAJI
	DAHI	LAUKI TOMATO	DAHI	MIX VEG DRY	BUTTER PAV
	GHEE/PAPAD /PICKLE	RICE	RICE	JEERA RICE	MASALA BHAAT
	GREEN CHUTNEY	ROTI	ROTI	ROTI	RAITA
	FRIED MIRCHI	SPROUT SALAD	FRIED MIRCHI	CUCUMBER SLICE	ONION SALAD
	TOMOTO CHUTNEY	LEMON PICKLE	MIXED PICKLE	FRIED MIRCHI	PICKLE
	RAJGIRI LADOO		CUT SALAD	RAW MANGO PICKLE	COCONUT BARFI
			BANANA	CHIKKI	
	FRENCH FRIES	CORN CHAT	BHEL	ONION PAKODA	PAPDI CHAT
ENERGY (KCAL)	626	569	598	563	610
PROTEINS (GMS)	19.1	21.5	19	21.5	14.2
	MONDAY				
	31-AUG-26				
	KASTHA KACHORI				
	CHUTNEY SANDWICH				
	CHAACH				
	TADKA DAL				
	VEG JHALFRAZI				
	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	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

