

SWS JULY SNACKS AND LUNCH MENU

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

			WEDNESDAY	THURSDAY	FRIDAY
			1-JUL-26	2-JUL-26	3-JUL-26
			SAMOSA	PYAAZ KACHORI	WADA PAV
			COLESAW S/W	VEG SANDWICH	CHUTNEY SANDWICH
			TANG	NIMBU PANI	CHAACH
			BUTTER PAV	TOOR DAL TADKA	ALOO TOMATO JHOL
			BHAJI	DRY MIX VEG	DRY KALA CHANA
			ONION SALAD	ROTI	ROTI
			SOYA BIRYANI	RICE	JEERA RICE
			MINT RAITA	CUT SALAD	CUCUMBER STICKS
			MIXED PICKLE	MANGO PICKLE	CHILLI PICKLE
			BESAN BARFI	FRIED MIRCHI	PEANUT LADOO
				MURMURA LADOO	
			MATRA CHAAT	SEV PURI	KAPA
ENERGY (KCAL)			625	563	593
PROTEINS (GMS)			21	19.1	21.8
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6-JUL-26	7-JUL-26	8-JUL-26	9-JUL-26	10-JUL-26
	SAMOSA	KHASTA KACHORI	VEG FRANKIE	PYAAZ KACHORI	DABELI
	COLESAW /SW	VEG SANDWICH	KAKDI SANDWICH	CHEESE S/W	CUCUMBER TOMATO S/W
	ROOHAWZA	DAHI	CHAACH	KOKUM SHARBAT	LASSI
	TADKA MIX DAL	HARI MOONG DAL WITH PALAK	MATAR PANEER	GOAN CHAWLI GRAVY	IDLI
	ALOO BEANS	JEERA ALOO	TOOR DAL	MIX VEG	MEDU WADA
	RICE	RICE	RICE	RICE	SAMBHAR
	ROTI	ROTI	ROTI	ROTI	RICE
	MACRONI SALAD	FRIED MIRCHI	VINEGER ONION	SLICE CUCUMBER	COCONUT CHUTNEY
	MIXED PICKLE	CUT SALAD	MANGO PICKLE	FRIED MIRCHI	MIXED PICKLE

	FRIED MIRCHI	SWEET LEMON PICKLE	FRIED MIRCHI	RAJGEERA LADOO	
	CHIKKI	COCONUT BARFI	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
	13-JUL-26	14-JUL-26	15-JUL-26	16-JUL-26	17-JUL-26
	PANEER BHURJI PAV	VEG FRANKIE	VEG CUTLET	SAMOSAS	WADA PAV
	BUTTER JAM SANDWICH	VEG SANDWICH	COLESAW /SW	BUTTER JAM S/W	CHEESE SANDWICH
	KABULI CHANA MASALA	LEMON RASNA	KOKUM PANI	CHAACH	TANG
	ALOO PYAAZ	YELLOW DAL TADKA	GOAN WHITE VATANA	WHOLE MASOOR DAL	VEG HAKKA NOODLES
	JEERA RICE	SOYA MASALA GRAVY	GOAN MIX VEG	BINDI MASALA	VEG MANCHURIAN GRAVY
	ROTI	ROTI	PURI	ROTI	VEG FRIED RICE
	VINEGER SALAD	RICE	RICE	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	SUJI KA HALWA	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
	20-JUL-26	21-JUL-26	22-JUL-26	23-JUL-26	24-JUL-26
	KASTHA KACHORI	GOAN SAMOSA	WADA PAV	VEG FRANKIE	SAMOSAS
	ALOO SANDWICH	CHUTNEY SANDWICH	VEG SANDWICH	CHEESE SANDWICH	TOMATO SANDWICH
	METHI PARATHA	DAHI	LEMON RASANA	CHAACH	TANG
	VEG BIRYANI	RAJMA	MISAL JHOL	YELLOW MOONG DAL	VEG CUTLET BURGER
	DAHI	ALOO GOBHI	MIXED SEV	ALOO CAPSICUM	COLESLAW SALAD

	GHEE/PAPAD /PICKLE	ROTI	MASALA BHAAT	RICE/ROTI	TOMATO KETCHUP
	GREEN CHUTNEY	RICE	GRATED CUCUMBER RAITA	PICKLE	VEG MASALA RICE
	FRIED MIRCHI	KUCHUMBER SALAD	PAV	KUCHUMBER SALAD	MASALA RAITA
	TOMOTO CHUTNEY	LEMON PICKLE	LEMON PICKLE	FRIED MIRCHI	MANGO PICKLE
	RAJGIRI LADOO	FRIED MIRCHI	VINEGAR ONION	BANANA	CHIKKI
		ATTA HALWA	CAKE SLICE		
	FRENCH FRIES	MATRA CHAAT	KAPPA	PAPDI CHAAT	BHEL
ENERGY (KCAL)	626	569	598	563	610
PROTEINS (GMS)	19.1	21.5	19	21.5	14.2
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27-JUL-26	28-JUL-26	29-JUL-26	30-JUL-26	31-JUL-26
	KASTHA KACHORI	GOAN SAMOSA	WADA PAV	KHASTA KACHORI	DABELI
	CHUTNEY SANDWICH	ALOO SANDWICH	VEG SANDWICH	BUTTER JAM SANDWICH	TOMATO SANDWICH
	CHAACH	SOLKADI	CURD	RASBERRY RASNA	MASALA RAITA
	TADKA DAL	DAL MAKHNI	ALOO PARATHA	RED MASOOR DAL	CHOLA
	VEG JHALFRAZI	JEERA ALOO	PANNER PULAO	ALOO BRINJAL	BHATURA
	ROTI/RICE	ROTI	GREEN CHUTNEY	ROTI	WHITE VEG PULAO
	KUCHUMBER SALAD	JEERA RICE	FRIED MIRCHI	RICE	VINEGER ONION
	MIXED PICKLE	KUCHUMBER SALAD	MIXED PICKLE	KUCHUMBER SALAD	MIXED PICKLE
	FRIED MIRCHI	LEMON CHILLI PICKLE	TOMATO CHUTNEY	SWEET LEMON PICKLE	FRIED MIRCHI
	MURMURA LADOO	FRIED MIRCHI	BOONDI	FRIED MIRCHI	BANANA
		SUJI HALWA		CHIKKI	
	FRENCH FRIES	SEV PURI	KAPA	BHEL	SWEETCORN
ENERGY (KCAL)	603	630	630	586	595
PROTEINS (GMS)	20.6	18.8	20.9	17.2	22.3

CANTEEN ITEM RATES

ITEM	QUANTITY	RATE	ITEM	QUANTITY	RATE
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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
VEG CUTTLET PAV	1PC	55	ONION PAKKODA	1 PLATE	30
VEG CUTTLET	1PC	30	FRENCH FRIES	1 PLATE	45
DABELI	1 PC	40	VEG FRANKIE	1PC	60
BREAD ROLL	1PC	45	WATER BOTTLE	1PC	15
DHOKLA	2 PC	40	MILK SHAKE KESAR BADAM	PKT	30
BREAD PAKODA	1PC	40	MILK SHAKE KESAR CHOCO	1BOTTLE	30
ALOO SANDWICH	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