



Kunskapsskolan

BENGALURU

The Knowledge School

Carnival
let celebrations last forever...

KUNSKAPSSKOLAN - SEPTEMBER FOOD MENU

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Idli

Dal Paratha

Ragi Pav

Set Dosa

Vegetable Upma

Chutney / Sambar

Curd / Pickle

Bhaaji

Chutney / Sambar

Chutney

Boiled Egg

Boiled Egg

Boiled Egg

Boiled Egg

Cut Fruits

Cut Fruits

Cut Fruits

Cut Fruits

Cut Fruits

Cereals & Milk

Cereals & Milk

Cereals & Milk

Cereals & Milk

Cereals & Milk

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

LUNCH

Caesar Salad

Tomato Soup

Green Salad

Veg Clear Soup

Rainbow Salad

Phulka

Beetroot Chapathi

Chapathi

Veg Burger

Phulka

Navaratan Korma

Jeera Aloo

Eggplant Chukka

Soya Pulao

Butter Paneer

Peas Pulao

White Rice

Curryleaf Corn Rice

Raitha

White Rice

Dal Fry

Lentil Stew

Dal Tadka

Dhansak Dal

Raitha

Curd

Buttermilk

Strawberry Pastry

SNACKS

Olive Bread Sticks

Ragi Banana Muffin

Peanut Chikki

Oat Raisin Cookie

Corn Sundal

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Idli

Methi Paratta

Multigrain Bread

Pesarattu

Millet Pongal

Chutney / Sambar

Curd

Veg Stew

Red Chutney

Chutney

Boiled Egg

Boiled Egg

Boiled Egg

Boiled Egg

Cut Fruits

Cut Fruits

Cut Fruits

Cut Fruits

Cut Fruits

Cereals & Milk

Cereals & Milk

Cereals & Milk

Cereals & Milk

Cereals & Milk

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

Bread/Butter/Jam

LUNCH

Garden Salad

Manchow Soup

Mix Salad

Talumein Soup

Finger Salad

Phulka

Thepla

Chapathi

Paneer Stir Fry

Chapathi

Rajma Masala

Mix Veg Subzi

Aloo Saagu

Wheat Hakka Noodles

Chole Masala

Veg Pulao

Jeera Rice

White Rice

Safrani Pulao

White Rice

Dal Fry

Punjabi Dal

Green Moong Dal

Raitha

Madras Sambar

Raitha

Curd

Buttermilk

Curd

SNACKS

Wheat Brownie

Sessame Chikki

Coconut Cookie

Banana

Lapetu Pav



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WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Idli	Wheat Pan Cake	Millet Kichidi	Masala Dosa	Mint Potato Sandwich
Chutney / Sambar	Honey	Chutney	Chutney	(In Brown Bread)
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Greek Salad	Lemon Grass Soup	Green Salad	Sweet Corn Soup	Garden Salad
Phulka	Chapathi	Chapathi	Oregano Bread	Chapathi
Soya Shimla Mirch	Bhendi Aloo Dry	Mix Gourds Subzi	Veg Pasta	Mutter Paneer
Lemon Rice	White Rice	White Rice	Mint Pulao	White Rice
Maa Ki Dal	Parsi Dal	Andhra Pappu	Raitha	Awadi Dal tadka
Raitha	Curd	Buttermilk		Curd
SNACKS				
Lemon Chia Muffin	Peanut Chikki	Bun Maska	Bhel Puri	Wheat Cookie
WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
Masala Idli	Beetroot Paratta	Wheat Pav	Veg Uthappam	Tomato Poha
Chutney/Sambar	Curd / Pickle	Bhaaji	Chutney	Chutney
Boiled Egg		Boiled Egg	Boiled Egg	Boiled Egg
Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits
Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk	Cereals & Milk
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH				
Kachumber Salad	Mix Veg Soup	Corn Salad	Pumpkin Soup	Green Salad
Phulka	Chapathi	Lacha Paratta	Nawabi Veg Frankie	Phulka
Kadai Vegetable	Aloo Beans	Palak Paneer	White Rice	Pindi Chole
Jeera Rice	White Rice	Ambur Veg Biryani	Masala Dal	White Rice
Dal Maharani	Rajma Dal	Raitha	Buttermilk	Kadamba sambar
Raitha	Curd	Semiya Kheer		Choco Pastry
SNACKS				
Pineapple Danish	Baked Samosa	Garlic Bread	Banana	Veg Strudel