

Ujval World School - July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Roti			Puri	Methi Roti	Butter Roti	Holiday
Vegetable			Beetroot Palya	Mixed Vegetable Saagu	Ivy Gourd	
Rice			Pulao	Plain Rice	Tomato Rice	
Pulses			Lobia	Vegetable sambar	Rasam	
			Papad	Water Melon	Sevaiyan Payasam	
	6	7	8	9	10	11
Roti	Ghee Roti	Palak Paratha	Methi Puri	Butter roti	Ghee Roti	Set Dosa
Vegetable	Cabbage Palya	Cauliflower peas fry	Palak Paneer	Carrot-beans dry	Bhindi masala	Chutney
Rice	Basmati pulav	Corn rice	Plain Rice	Plain Rice	Lemon Rice	Vegetable sambar
Pulses	Black channa masala	Lobia Gravy	Rajma	Papu	Green Peas curry	Apple
	Masala Buttermilk	Fryums	Cucumber Curd	Papaya	Gulab Jamun	
	13	14	15	16	17	18
Roti	Ghee Roti	Vegetable Paratha	Puri	Chapathi	Butter Roti	Vegetable Upma
Vegetable	Shahi paneer	Bottle gourd Channa dal	Aloo Bhaji	Green gram curry	Spinach Saag	Chutney
Rice	Basmati pulav	Tomato rice	Kasuri Methi kaju pulav	Tamarind Rice	Plain rice	Water melon Juice
Pulses	Black channa masala	Sprouts with pomegranate	Dal Makhani	Curd	Green Peas curry	
	Masala Buttermilk	Papad	Raita	Apple	Kheer	
	20	21	22	23	24	25
Roti	Ghee Roti	Mix Vegetable Paratha	Bhature	Butter roti	Tomato Soup	Idli & Vada
Vegetable	Chow Chow Curry	Carrot and green bean	Chole	Soya chunks kurma	Vegetable noodles	Chutney
Rice	Special Veg Biryani	Vangi bath	Jeera Rice	Tomato Pudina Rice	Onion Garlic fried rice	Vegetable sambar
Pulses	Cucumber raita	Coconut Chutney	Dal fry	Plain Curd	Gobi manchurian	
	Plain Buttermilk	Kosambari	Boondi Raita	Pear	Cup cake	
	27	28	29	30	31	
Roti	Aloo Paratha	Pudhina Parantha	Methi Roti	Ghee Roti	Butter roti	
Vegetable	Dry Bhindi	Lauki curry	Mixed Vegetable Saagu	Rajma curry	Brinjal & Potato	
Rice	Vangi bath	Tomato Pudina Rice	Plain Rice	Jeera rice	Tomato Pudina Rice	
Pulses	Coconut Chutney	Plain Curd	Vegetable sambar	Toor Dal Tadka	Plain Curd	
	Plain Buttermilk	Water Melon	Plain Buttermilk	Apple	Kesari Bath	

Note: Bananas have been removed from the menu due to frequent complaints from students regarding inconsistent quality. The bananas often reached students either overripe and mushy or insufficiently ripe.