



Lancers[®]
International School
An IB World School

WELCOME TO FOOD MENU 2023-24



Cambridge Assessment
International Education
Cambridge International School



Note: Due to Non-Availability of Ingredients, Menu may change

BUFFET CYCLE MENU

WEEK-1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS					
	Mexican Veg Puff, Bread Butter jam	Coleslaw Sandwich, Bread Butter Jam	Vegetable Upma, Bread Butter Jam	Oven Baked Veg Roll, Bread Butter Jam	Poha, Bread Butter Jam
LUNCH					
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Veg Pasta, Non-Veg Pasta (Alfredo Sauce)	Palak Paneer, Yasai Itame (Japanese Cuisine)	Veg Manchurian, Chicken Manchurian	Matar Paneer, Dal Makhani	Chicken Stroganoff
	Rajma curry	Lasooni Dal	Dal Kalai	Stir fry Vegetables	Aloo Gobi, Mix Dal
	Roti, Steam Rice	Coriander Rice, Roti	Steam Rice, Hakka Noodle	Roti, Jeera Rice	Steam Rice, Roti
Salads	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits
Deserts	Suji Halwa	Chocolate Mousse	Sabudana Kheer	Pumpkin Pie	Sweet Vermicelli
SNACKS					
For Grade 1-5	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies

BUFFET CYCLE MENU WEEK-2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS					
	Fruit Porridge, Bread Butter jam	Besan Chilla, Bread Butter jam	Stuffed Kulcha, Bread Butter jam	Cheese pizza, Bread Butter jam	Masala Toast S/W, Bread Butter jam
LUNCH					
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Dal Palak	Sweet & Sour Vegetables (Chinese), Fried Rice	Spinach Corn Pie	Veg Cheesy Pasta, Garlic Bread	Veg Thai Curry, Fish Thai Curry
	Hyderabadi Chicken Biryani/ Hyderabadi Veg Biryani	Aloo Tamater Bhaji, Puri	Kadhai Chicken, kadhai Paneer	Matar Curry, Baked Kulcha	Dal Sultanpuri
	Roti, Jeera Raita	Veg Raita	Steam Rice, Roti	Steam Rice	Roti, Steam Rice
Salads	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits
Deserts	Fruit Custard	Kesri Kheer	Mango Mousse	Kashmiri Halwa	Banana Puddling
SNACKS					
For Grade 1-5	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies

BUFFET CYCLE MENU WEEK-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS					
	Stuffed Kulcha, Bread Butter Jam	Grilled Cheese S/W, Bread Butter Jam	Oats, Bread Butter Jam	Veg Puff, Bread Butter Jam	Poha,Bread Butter Jam
LUNCH					
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Chilly Chicken, Chilly Paneer	Veg Ratatouille	Chicken Changezi	Veg Manuchurian, Garlic Noodle	Veg Pasta, Non-Veg Pasta (Concasse Sauce)
	Dal Bhukhara	Jeera Aloo, Chole	Mix-Veg, Lobia Dal	Paneer Butter Masala	Black Channa Curry
	Roti, Steam Rice	Basel Rice, Roti	Coriander Rice, Roti	Steam Rice, Roti	Roti, Steam Rice
Salads	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits
Deserts	Fruit Kheer	Beetroot Pie	Suji Halwa	Orange Mousse	Rice Kheer
SNACKS					
For Grade 1-5	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies

BUFFET CYCLE MENU WEEK-4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS					
	American Pancake, Bread Butter Jam	Veg Patties, Bread Butter Jam	Farmhouse Pizza, Bread Butter Jam	Veg S/W & Egg S/W Bread Butter Jam	Oven Baked Veg Roll, Bread Butter Jam
LUNCH					
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Veg Pulao, Chicken Pulao	Idli Sambhar	Veg Thupka, Chicken Thupka	Shahi Paneer, Dal Tadka	Veg Thai Curry, Chicken Thai Curry
	Hyderabadi Khatti Dal, Veg Raita	Lemon Rice	Dal Maharani	Yasai Itame	Baked Kulcha, Chole
	Roti	Lauki Chana Dal, Roti	Jeera Rice, Roti	Mater Pulao, Roti	Basil Rice
Salads	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits	Salads on the go made fresh everyday! with different type of dressing along with fresh fruits
Deserts	Tiramisu	Jalebi	Pineapple Mousse	Sweet Vermicelli	Fruit Custard
SNACKS					
For Grade 1-5	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies