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International School
An IB World School

FOOD MENU 2025-26



Cambridge Assessment
International Education
Cambridge International School

BUFFET CYCLE MENU WEEK-1

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Ragi Banana Pancake with Jaggery sauce (250 kcal)        	Spinach and Cottage Cheese on Multigrain Toast (180 kcal)       	Falafel with tomato salsa (180 kcal)       	Besan Chilla with Mint Chutney        Whole Wheat Bread with Grilled Veggies (200 kcal)	Baked Beetroot and Millet Patties with Mint Yogurt Dip (180 kcal)      
Only for PYP	Assorted cut fruit (150 kcal)      	Assorted cut fruit (150 kcal)      	Assorted cut fruit (150 kcal)      	Assorted cut fruit (150 kcal)      	Assorted cut fruit (150 kcal)      
Only for Early Years	Cut Fruit Yogurt (180 kcal)      	Spinach & Cottage cheese on Multigrain Toast (180 kcal)      	Pomegranate porridge (180 kcal)       Milk with Cereal/Parantha with Curd      	Healthy Fruit Smoothie & Vegetable poha (200 kcal)      	Winter Veggies Low-Fat Cutlets Vitamin-packed fibre rich (200 kcal)      
SOUP	Veg / Non-Veg Manchow soup (100 kcal)     	Tomato Basil Soup (100 kcal)     	Veg / Non-Veg lemon coriander soup (100 kcal)      	Veg. Miso soup (100 kcal)     	Veg / Non-Veg sweet corn soup (100 kcal)     
LUNCH 	Steamed chicken and vegetables with broth (300 kcal)      - Veg. moussaka (180 kcal)     	Stir Fry Vegetable in Black beans sauce    - Spinach Mashed Potato with Multigrain Garlic Bread	Steamed Fish in Lemon garlic sauce    - Roasted Cauliflower with Herbed Ragu Sauce     	- Asian green vegetables     	- Japanese Golden curry Veg / Non Veg (180 kcal)     
	Spinach Lentil dal      	Red kidney beans curry (300 kcal)     	Slow-Cooked Black Daal in Tomato-Cumin Sauce      	- Chickpea curry (180 kcal)     	Grilled Paneer in Tomato-Basil Sauce      Dal Tadka
	Rice, Roti	Rice, Roti	Roti, Rice, Multigrain bread     	- Whole wheat kulcha, - Steamed rice     	Steamed rice, Roti     
SALADS	Fresh Green Salads (Chef Choice) (180 kcal)     	Fresh Green Salads (Chef Choice) (180 kcal)     	Fresh Green salad (Chef choice) (180 kcal)     	Fresh Green Salads (Chef Choice) (180 kcal)     	Fresh Green Salads (Chef Choice) (180 kcal)     
DESSERTS	Banana pie (180 kcal)       	Chia fruit custard (150 kcal)       	Gajar Halwa (180 kcal)       	Makhana Kheer       	Matcha pudding (180 kcal)      
AFTERNOON SNACK Grade 1-5	Whole Wheat Apple Cinnamon Muffin/Carrot Muffin (Low Sugar) (180 kcal)      	Chia seeds Cookies (180 kcal)      	Methi Mathi (180 kcal)      	Oats Cookies (180 kcal)      	Namak pare (180 kcal)      

Note: Due to non-availability of ingredients, the menu is subject to change.

WEEK-2

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Baked Sweet Potato Wedges with Mint Chutney	Moong Dal Pancake with Mint Chutney (180 kcal)	Beetroot Wrap with Crunchy veg, (200 kcal) with Vegetable with mint sauce	Paneer Chilla (230 kcal) protein calcium rich fibre rich	Protein-Packed Chickpea Toss with butter garlic (18 kcal)
	Assorted cut fruit (150 kcal) Vegan	Assorted cut fruit (150 kcal) Vegan Gluten-Free	Assorted cut fruit (150 kcal)	Assorted cut fruit (150 kcal) Vegan Gluten-Free	Assorted cut fruit (150 kcal) Vegan Gluten-Free
Only for Early Years	Vegetable Upma (180 kcal) Vegan Parantha with Curd Cereal with Milk	Fruit Yogurt (150 kcal) Vegan Gluten-Free. Paired with Fresh Fruit of the Season Veg Uttapam	Multigrain Oats (180 kcal). Paired with Fresh Fruit Fresh Idli with Chutney	Ragi Pan cake Moong Dal Chilla (200 kcal) High Protein/Low fat/Fibre Rich	Boiled Chickpea Tossed with Lemon. Paired with Fresh Fruit of the Season Veg Vermacilli
SOUP	Veg / Non-Veg clear soup (100 kcal)	Veg. Roasted bell pepper (180 kcal)	Veg, Non-Veg. Tom yum soup (100 kcal)	Veg. Broccoli soup (100 kcal) Gluten-Free Immunity-Boosting Immunity-Boosting	Veg. Non Veg Hot & sour soup (100 kcal) Gluten-Free
LUNCH Continental	- Grilled Chicken with Herb Tomato Gravy, - Lemon Garlic Tossed Vegetables	Spinach Spaghetti Pasta with Multigrain Bread (280–320 kcal)	-Thai green curry Veg / Non veg	- Baked Eggplant Lasagna with Tomato Herb Sauce	- Japanese Veg & Chicken Soba Noodles with Herbs
Indian	Slow-cooked Black Dal in Tomato Sauce	Yellow Daal, Aloo Baingan Dry Sabzi	- Kadhai Jackfruit	- Idli, Sambhar, (180 kcal) Vegan Low-GI Low-GI. - veg. uttappam	Mixed Daal
Accompaniments	Steam Rice, Roti	Roti, Rice, (300 kcal)	Steam rice, Roti	Steam Rice	Steam rice, Roti (300 kcal)
SALADS	Fresh Green Salads (Chef's Choice) (180 kcal)	Fresh Green Salads (Chef's Choice) (180 kcal)	Fresh Green Salads (Chef's Choice) (180 kcal)	Fresh Green Salads (Chef's Choice) (180 kcal)	Fresh, Green Salads (Chef's Choice) (180 kcal)
DESSERTS	Apple pie (180 kcal) Fiber-Rich Fiber-Rich	Ragi Halwa (180 kcal)	Pomegranate Kheer (180 kcal)	Choco-Date Mousse Cups	Gur Chana Bar
AFTERNOON SNACK Grade 1-5	Oats Cookies (180 kcal) Fiber-Rich Fiber-Rich	Falafel Balls	Vegetable Idli Bites	Cumin seeds Cookies (180 kcal)	Mini Ragi Muffins (Savory/Sweet)

WEEK-3

WEEK-4

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Stuffed Whole Wheat Pocket with Spinach & Corn (180 kcal)	Ragi Paneer Chilla with mint chutney (180 kcal)	Steamed Beetroot & carrot Idli with tomato chutney	Vegetable Upma (180 kcal)	Vegetable Poha (180–220 kcal) immunity booster antioxidant rich
	Assorted cut fruit (150 kcal)	Assorted cut fruit (150 kcal)	Assorted cut fruit (150 kcal)	Assorted cut fruit (150 kcal)	Assorted cut fruit (150 kcal)
Only for Early Years	Boiled Corn Tossed in Garlic and lemon sauce s/w (180 kcal) Paired with Fresh Fruit of the Season Veg Wrap	Ragi Paneer Chilla with mint chutney (180 kcal) Fiber-Rich Paired with Fresh Fruit of the Season Idli with Chutney	Steamed Beetroot & carrot Idli with tomato (180 kcal) Immunity-Boosting Paired with Fresh Fruit of the Season Cereal with Milk	Vegetable Upma (180 kcal) Paired with Fresh Fruit of the Season Poha	Vegetable Poha with Healthy Fruit Smoothie (180–220 kcal) immunity booster antioxidant rich
SOUP	Veg / Non-Veg, Manchow soup (100 kcal)	Veg. Minestrone soup (100 kcal)	Veg. Non-Veg Corn chowder (180 kcal)	Veg. Cream of Broccoli (180 kcal)	Veg. Non Veg Hot & sour soup
LUNCH 	-Veg / Non veg Biryani, (180 kcal)	-Vegetable in Plum sauces, Oven Baked potato (180 kcal)	-Sweet & Sour Grilled Chicken, -Sweet & Sour Vegetables Dal Palak	-Grilled Chicken Veg Paella, -Veg Paella. -Steamed Greens with Lemon Zest	-Diced Chicken in schezwani sauce, Garlic (180 kcal) Veg. Dumpling in soya chilli sauce
	Dal Tadka	-Paneer makhani	- Tossed masala bhindi (300 kcal)	-Dal tadka, (300 kcal)	-Yellow Daal
	Roti, Jeera Raita	Roti, Coriander Rice	Roti, Rice	Cucumber Mint Yogurt, Rice	Wheat Noodles, Steam rice
SALADS	Fresh Green Salads(Chef Choice) (180 kcal)	Fresh Green Salads (Chef Choice) (180 kcal)	Fresh Green Salads (Chef Choice) (180 kcal)	Fresh Green Salads (Chef Choice) (180 kcal)	Fresh Green Salads (Chef Choice) (180 kcal)
DESSERTS	Multigrain Pineapple Pudding (180 kcal)	Pineapple Sheera (180 kcal)	Semiya kheer (180 kcal)	Golden Sweet Potato Delight	Ragi-Gur Fudge Squares
AFTERNOON SNACK Grade 1-5	Wheat chocolate Cookies (180 kcal)	Ragi-Gur sticks	Namakpare (180 kcal)	Oats Cookies (180 kcal)	Sweet Potato & Coconut Bars