



**Lancers<sup>®</sup>**  
**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
<b>SNACKS</b>	Ragi Banana Pancake with Jaggery sauce (250 kcal) 🌱 Fiber-Rich 🌞🌱🚫🌾🧠🛡️	Spinach and Cottage Cheese on Multigrain Toast (180 kcal) 🌞🌱🍌	Falafel with tomato salsa (180 kcal)/🌱🌾 Winter Vegetables Low-Fat Cutlets Vitamin-packed   fibre rich 🍌	Besan Chilla with Mint Chutney   🍌🧠 Whole Wheat Bread with Grilled Veggies (200 kcal)	Baked Beetroot and Millet Patties with Mint Yogurt Dip (180 kcal) 🛡️ Immunity-Boosting 🌞🌱🚫🌾🧠🛡️
Only for PYP	Assorted cut fruit (150 kcal) 🌱 Vegan🚫🌾 Gluten-Free 🌱🚫🌾	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	Cut Fruit Yogurt (180 kcal) Veg Poha 🚫🌾	Spinach & Cottage cheese on Multigrain Toast (180 kcal) 🍌🚫🌾	Pomegranate porridge (180 kcal) 🌾 Fiber-Rich Milk with Cereal/Parantha with Curd🌱🌾	Healthy Fruit Smoothie & Vegetable poha (200 kcal) Vegan 🌱🚫🌾	Winter Veggies Low-Fat Cutlets Vitamin-packed   fibre rich (200 kcal) 🍌🌱
SOUP	Veg / Non-Veg Manchow soup (100 kcal)🚫🌾 Gluten-Free 🌱🚫🌾	Tomato Basil Soup (100 kcal) 🌱🚫🌾	Veg / Non-Veg lemon coriander soup (100 kcal) 🌱🚫🌾🛡️	Veg. Miso soup (100 kcal) 🌱🚫 Gluten-Free 🌱🚫🌾	Veg / Non-Veg sweet corn soup (100 kcal) 🌱🚫🌾
<b>LUNCH</b> 🍴 Continental	Steamed chicken and vegetables with broth (300 kcal)🚫🌾 Gluten-Free Low-GI 🚫🌾🍌. - 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) 🌱🚫🌾
🌍 Indian	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
🌊 Accompaniments	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) 🌱 Fiber-Rich 🌞🌱🚫🌾🧠	Chia fruit custard (150 kcal) 🌱 Vegan   🌞🌱🚫🌾🧠	Gajar Halwa (180 kcal) Calcium   Moderate Sugar 🌞🌱🚫🌾🧠	Makhana Kheer 🌞🌱🚫🌾🛡️	Matcha pudding (180 kcal) 🌱🚫🌾
<b>AFTERNOON SNACK</b> Grade 1-5	Whole Wheat Apple Cinnamon Muffin/Carrot Muffin (Low Sugar) (180 kcal) Fiber-Rich 🌱🌾	Chia seeds Cookies (180 kcal) 🌞🌱🚫🌾🧠🛡️	Methi Mathi (180 kcal) 🌱🚫🌾	Oats Cookies (180 kcal) 🌱 Fiber-Rich 🌱🚫🌾	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
<b>SNACKS</b>	Baked Sweet Potato Wedges with Mint Chutney ☀️🌱🚫🌾🧠🛡️	Moong Dal Pancake with Mint Chutney (180 kcal) ↓ Low-GI ↓ Low-GI 🌱🚫🌾👊	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. Rosted 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 🌱🚫🌾
<b>LUNCH</b> 🍴 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. uttapam	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 🌱🚫🌾
<b>AFTERNOON SNACK</b> 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

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACKS</b>	Grilled Vegetable Oats Bowl (180 kcal) 🌱 Vegan ↓ Low-GI ↓ Low-GI 🌱 🚫 🌾	Carrot Muffins / Healthy Stuffed Parantha 🌱 🚫 🌾 🍌 🌞	Soft Veggie Poha Bowl (180 kcal) 🍌 🚫 🌾 🌞	Ragi Banana Pancake with Jaggery sauce (250 kcal) Fiber-Rich 🌞 🌱 🚫 🌾 🧠 🛡️	Spinach & Cottage Cheese on Multigrain Toast (180 kcal) 🌱 🌾
	Assorted cut fruit (150 kcal) 🌱 Vegan   Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan   Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan   🚫 🌾 Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan   🚫 🌾 Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan   Gluten-Free 🌱 🚫 🌾
Only for Early Years	Whole wheat pan cake (180 kcal).   Paired with Fresh Fruit of the Season 🌱 Veg Poha	Paneer Chilla (180 kcal)/ Paneer Paratha with Curd (230 kcal) 🌱 🚫 🌾 🌞	Fruit oats (150 kcal) 🌱 Vegan   🚫 🌾 Gluten-Free 🌱 Fiber-Rich 🌱 Fiber-Rich   Paired with Fresh Fruit of the Season Vegetable Wrap 🌱 🚫 🌾	Ragi Banana Pancake with Jaggery sauce   Paired with Fresh Fruit of the Season Besan Chilla with Mint Chutney 🌞 🌱 🚫 🌾 🧠 🛡️ 🌱	Apple Cinnamon Porridge (Low Sugar) (180 kcal) 🌱 Fiber-Rich 🌱   Ragi Banana Pancake with Jaggery sauce   Veg Poha 🌞 🌱 🚫 🌾 🧠 🛡️
SOUP	Veg. Nonveg Thupka soup (100 kcal) 🚫 🌾 Gluten-Free 🚫 🌾	Veg. Potato Leeks soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg. Nonveg talumein soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg. Rosted Green Peas soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg / Non-Veg, Peking soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾
<b>LUNCH</b> 🍴 Continental	-Grilled Chicken in Arrabbiata Sauce, -Cajun-Roasted Seasonal Vegetables(180 kcal) 🚫 🌾 🍌	- Spinach-Corn Baked with Herbs/Spinach Spaghetti Pasta with Multigrain Bread (280–320 kcal) 🌱 🌾	- Chicken Meatball with Ragu sauce (180 kcal) 🛡️ Immunity-Boosting 🛡️ Immunity-Boosting. -Vegetables in Ragu sauce 🍌 🚫 🌾	-Vegetable au Gratin 🚫 🌾 🍌	-Chicken & Vegetable Stir-Fry -Vegetable Stir-Fry
🌐 Indian	Rajma	- Veg. Kadi (300 kcal) 🚫 🌾 Gluten-Free. 🌱 🚫 🌾 - Aalu jeera (180 kcal) 🌱 🌞 🛡️	- Kadhai paneer (300 kcal) 🚫 🌾	- Matar curry	Spinach mixed daal 🌱 🌞 🛡️
🥗 Accompaniments	Steamed rice, Roti	Steam rice, Roti	Steam rice, Roti	Kulcha, Raita, Rice	with Steam Rice, Garlic Bread, Roti
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	Chocolate chia pudding (180 kcal) 🌞 🌱 🚫 🌾 🧠	Gajar Halwa (180 kcal) Calcium   Moderate Sugar	Mango pudding (180 kcal) 🌱 🚫 🌾	Sabudana Kheer (180 kcal) 🌱 🚫 🌾	Kesari Semiya Kheer 🌱 🚫 🌾
<b>AFTERNOON SNACK</b> Grade 1-5	Ragi-Puffed Rice Balls 🌱 🚫 🌾 🌞	Fennel seeds cookies (180 kcal) 🌱 🚫 🌾	Peri Peri mathi (180 kcal) 🌱 🚫 🌾	Banana Oat Energy Balls 🌞 🌱 🚫 🌾 🧠	Basil Cookies (180 kcal) 🌞 🌱 🚫 🌾 🧠

## WEEK-4

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACKS</b>	Stuffed Whole Wheat Pocket with Spinach & Corn (180 kcal)  Immunity-Boosting  Immunity-Boosting 	Ragi Paneer Chilla with mint chutney (180 kcal)  Fiber-Rich  Fiber-Rich   	Steamed Beetroot & carrot Idli with tomato chutney  Immunity-Boosting Immunity-Boosting    	Vegetable Upma (180 kcal)  Vegan  Low-GI  Low-GI  	Vegetable Poha (180–220 kcal) immunity booster   antioxidant rich  
	Assorted cut fruit (150 kcal)  Vegan     Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan     Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan     Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan     Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan     Gluten-Free  
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)  Vegan  Low-GI    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)   Gluten-Free  	Veg. Minestrone soup (100 kcal)   Gluten-Free  	Veg. Non-Veg Corn chowder (180 kcal)   	Veg. Cream of Broccoli (180 kcal)  Immunity-Boosting  Immunity-Boosting     	Veg. Non Veg Hot & sour soup   
<b>LUNCH</b>  Continental	-Veg / Non veg Biryani, (180 kcal)  Vegan  Low-GI  Low-GI  	-Vegetable in Plum sauces, Oven Baked potato (180 kcal) Vegan  Low-GI  Low-GI  	-Sweet & Sour Grilled Chicken, -Sweet & Sour Vegetables Dal Palak  Immunity-Boosting    	-Grilled Chicken Veg Paella, -Veg Paella. -Steamed Greens with Lemon Zest    	-Diced Chicken in schezwan sauce, Garlic (180 kcal)    Veg. Dumpling in soya chilli sauce
 Indian	Dal Tadka	-Paneer makhani  	- Tossed masala bhindi (300 kcal)   Gluten-Free	-Dal tadka, (300 kcal)   Gluten-Free  Low-GI  Low-GI 	-Yellow Daal
 Accompaniments	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)  Fiber-Rich Fiber-Rich  	Pineapple Sheera (180 kcal)  Fiber-Rich Fiber-Rich  	Semiya kheer (180 kcal)   	Golden Sweet Potato Delight    	Ragi-Gur Fudge Squares    
<b>AFTERNOON SNACK</b> Grade 1-5	Wheat chocolate Cookies (180 kcal) 	Ragi-Gur sticks    	Namakpare (180 kcal)   	Oats Cookies (180 kcal)  Fiber-Rich  Fiber-Rich  	Sweet Potato & Coconut Bars 