



**Lancers<sup>®</sup>**  
**International School**  
An IB World School

# FOOD MENU 2026-27



IB CONTINUUM  
CONTINUUM DE L'IB  
CONTINUO DEL IB

Cambridge Assessment  
International Education  
Cambridge International School

# BUFFET CYCLE MENU WEEK-1

|                 | MONDAY                                                                      | TUESDAY                                                     | WEDNESDAY                                                       | THURSDAY                                                                | FRIDAY                                                     |
|-----------------|-----------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------|
| MORNING SNACK   |                                                                             |                                                             |                                                                 |                                                                         |                                                            |
| PYP-DP          | Whole Wheat Pav Bhaji   Assorted Fruit<br>🌱🌾🧠🛡️                             | Beetroot Ragi Puff with Mint Chutney   Assorted Fruit<br>🌱🥒 | Ragi Banana Pancakes with Jaggery Sauce   Assorted Fruit<br>🌱🌾🥒 | Whole Wheat Cottage Cheese Bruschetta<br>🥒🧠                             | Vegetable Poha   Assorted Fruit<br>🌱🌾🌾🧠🛡️🥒                 |
| EARLY YEARS     | Ragi Paneer Chilla   Assorted Fruit<br>🌱🌾🌾                                  | Honey Crispy Paneer   Vegetable Poha<br>🌱🌾🌾                 | Fruit Delight Sandwich   Masala Daliya<br>🌱🌾🌾                   | Churros with Chocolate Sauce   Flavored Yogurt<br>🌱🌾🌾                   | Vegetable Cutlet   Healthy Fruit Smoothie<br>🌱🌾🌾🥒🥒         |
| LUNCH           |                                                                             |                                                             |                                                                 |                                                                         |                                                            |
| SOUP            | Minestrone<br>🌱🌾🌾                                                           | Sweet Corn<br>🌱🌾🌾                                           | Wakami<br>🌱🌾🌾🛡️                                                 | Tomato Basil<br>🌱🌾🌾                                                     | Manchow<br>🌱🌾🌾                                             |
| CONTINENTAL     | Grilled Chicken with Ragu Sauce   Grilled Vegetables in Plum Sauce<br>🌾🌾🥒🌱🌾 | Veg. Pasta in Pesto Sauce<br>🌱🌾🌾                            | Chicken Mabo   Veg Mabo Tofu<br>🌱🌾🌾🛡️                           | Grilled Cottage Cheese with Ragu Sauce   Cajun Roasted Vegetable<br>🌱🌾🌾 | Veg. Manchurian   Hakka Noodle   Stir Fried Chicken<br>🌱🌾🌾 |
| INDIAN          | Choley<br>🌱🌾🌾🛡️                                                             | Punjabi Kadi   Aloo Gobhi<br>🌱🌾🌾                            | Rajma<br>🌱🥒                                                     | Dal Tadka<br>🌱🥒                                                         | Aloo Capsicum<br>🌱🥒                                        |
| ACCOMPANIMENTS  | Rice & Roti<br>🌱🌾🌾                                                          | Rice & Roti<br>🌱🌾🌾                                          | Rice & Roti<br>🌱🌾🌾                                              | Rice & Roti<br>🌱🌾🌾                                                      | Rice & Roti<br>🌱🌾🌾                                         |
| SALADS          | A Choice of 7–8<br>Fresh Seasonal Salads<br>🌱🌾                              | A Choice of 7–8<br>Fresh Seasonal Salads<br>🌱🌾              | A Choice of 7–8<br>Fresh Seasonal Salads<br>🌱🌾                  | A Choice of 7–8<br>Fresh Seasonal Salads<br>🌱🌾                          | A Choice of 7–8<br>Fresh Seasonal Salads<br>🌱🌾             |
| DESSERTS        | Pomegranate Rice Kheer<br>🌱🌾🌾🧠                                              | Apple Pie<br>🌱🌾🌾🧠                                           | Sweet Potato Delight Halwa<br>🌱🌾🌾🧠                              | Ragi Fudge Squares<br>🌱🌾🌾🛡️                                             | Strawberry Mousse<br>🌱🌾🌾                                   |
| AFTERNOON SNACK |                                                                             |                                                             |                                                                 |                                                                         |                                                            |
| PYP             | Cinnamon Bun<br>🌱🌾                                                          | Fruit Cake<br>🌱🌾🌾🧠🛡️                                        | French Chaat<br>🌱🌾🌾                                             | Assorted Fruit   Sandwich<br>🌱🌾🌾                                        | Chocolate Muffin<br>🌱🌾🌾                                    |

**Nutrition Key:** 🌱 Plant-based   🌾 Whole Grains / Good Source of Fibre   🧠 Supports Brain & Concentration   🛡️ Immunity-Boosting   🥒 High in protein   🥒 Hydrating   ⚡ Energy-giving   🌾 No Added Sugar / Preservative-Free

# WEEK-2

|                 | MONDAY                                                     | TUESDAY                                     | WEDNESDAY                                   | THURSDAY                                            | FRIDAY                                                        |
|-----------------|------------------------------------------------------------|---------------------------------------------|---------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------|
| MORNING SNACK   |                                                            |                                             |                                             |                                                     |                                                               |
| PYP-DP          | Veg. Sandwich in Whole Wheat Bread   Assorted Fruit 🌱🌾🌱🧠🛡️ | Veg. Strudel   Assorted Fruit 🌱🌾🌱🥥          | Ragi Paneer Chilla   Assorted Fruit 🌱🌾🧠🛡️   | Stuffed Potato Kulcha   Assorted Fruit 🌱🥥           | Idli with Coconut Chutney   Assorted Cut Fruit 🥥🌱🥥            |
| EARLY YEARS     | Vegetable Upma   Mixed Fruit Juice 🌱🌾🌱                     | Parantha with Curd 🌱🌾🌱                      | Oats Muffin   Banana Shake 🥥🌱               | Cheese Pizza   Cereal with Milk 🌱🌾🌱                 | Whole Wheat Beetroot Wrap   Fruit Cake 🌱🌾🌱🥥                   |
| LUNCH           |                                                            |                                             |                                             |                                                     |                                                               |
| SOUP            | Roasted Bell Pepper Soup 🌱🌱                                | Miso Soup 🌱🌾🌱                               | Potato Leeks 🌱🌾🌱                            | Clear Vegetable Soup 🌱🌾🌱🧠                           | Creamy Broccoli Soup 🌱🌾🌱                                      |
| CONTINENTAL     | Veg. & Nonveg Biryani   Yasi Itame 🌾🌱🥥🛡️                   | Idli Sambhar   Sweet & Sour Vegetables 🌱🌱   | Veg. Thai Curry   Non-veg Thai Curry 🌱🌾🌱    | Baked Vegetables   Sweet & Sour Cottage Cheese 🌾🌱🧠🥥 | Grilled Fish with Lemon Caper Sauce   Baked Mashed Potato 🌱🌾🌱 |
| INDIAN          | Matar Paneer 🌱🌾🌱🥥                                          | Dal Makhni 🌱🌱                               | Red Masoor Dal 🌱🌾🌱                          | Uttapam 🌱🥥                                          | Raita 🌱🌾🌱                                                     |
| ACCOMPANIMENTS  | Whole Wheat Garlic Bread 🌱                                 | Rice 🌱                                      | Rice & Roti 🌱🌾🌱                             | Rice & Roti 🌱🌾🌱                                     | Rice   Whole Wheat Bread 🌱                                    |
| SALADS          | A Choice of 7–8 🌱🌱<br>Fresh Seasonal Salads                | A Choice of 7–8 🌱🌱<br>Fresh Seasonal Salads | A Choice of 7–8 🌱🌱<br>Fresh Seasonal Salads | A Choice of 7–8 🌱🌱<br>Fresh Seasonal Salads         | A Choice of 7–8 🌱🌱<br>Fresh Seasonal Salads                   |
| DESSERTS        | Suji Halwa 🌱🌾🌱                                             | Chocolate Mousse 🌱🌾🌱                        | Kesari Kheer 🌱🌾🌱                            | Kiwi Mousse 🌱🌾🌱                                     | Fruit Semiya Kheer 🌱🌾🌱                                        |
| AFTERNOON SNACK |                                                            |                                             |                                             |                                                     |                                                               |
| PYP             | Peri Peri Mathi 🌱🌾🌱                                        | Oats Cookies 🌱🌾🌱                            | Fruit Cake 🌱🌾🌱                              | Whole Wheat Aloo Patties🌱                           | Choco Chip Cookies 🌱🌾                                         |

**Nutrition Key:** 🌱 Plant-based 🌾 Whole Grains / Good Source of Fibre 🧠 Supports Brain & Concentration 🛡️ Immunity-Boosting 🥥 High in protein 🥥 Hydrating ⚡ Energy-giving 🌾 No Added Sugar / Preservative-Free

# WEEK-3

|                 | MONDAY                                              | TUESDAY                                     | WEDNESDAY                                          | THURSDAY                                                            | FRIDAY                                                          |
|-----------------|-----------------------------------------------------|---------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------|
| MORNING SNACK   |                                                     |                                             |                                                    |                                                                     |                                                                 |
| PYP-DP          | Classic Coleslaw Sandwich   Assorted Fruit 🌱🌾🌿      | Vegetable Pizza   Assorted Cut Fruit 🌱🌾🌿🥥   | Falafel with Tomato Salsa   Assorted Cut Fruit 🥥🌾🌿 | Vegetable Oats   Assorted Cut Fruit 🌱🌾🌿🧠🛡️                          | Whole Wheat Beetroot Wrap with Mint Chutney   Assorted Fruit 🌿🌱 |
| EARLY YEARS     | Vegetable Poha Fruit Yogurt 🌱🌾🌿                     | Parantha with Curd 🌱🌾🌿                      | Honey Crispy Paneer   Carrot Muffin 🌱🌾🌿            | Churros with Chocolate Sauce   Apple Smoothie🌱🌿                     | Ragi Banana Pan Cake   Cereal with Milk🌱🌾🌿                      |
| LUNCH           |                                                     |                                             |                                                    |                                                                     |                                                                 |
| SOUP            | Tom Yum Soup🌾🌿                                      | Lemon Coriander🌱🌾🌿                          | Peking Soup🌱🌾🌿                                     | Tomato Dhaniya Shorba 🌱🌾🌿                                           | Sweet Corn🌱🌾🌿                                                   |
| CONTINENTAL     | Butter Chicken   Paneer Makhani   Veg Au Gratin 🌾🌿🥥 | Asian Green Vegetables 🌱🌿                   | Red Sauce Pasta Veg. & Non-veg 🥥🌾🌿                 | Roasted Cauliflower with Ragu Sauce   Vegetable with Plum Sauce 🌾🌿🥥 | Yakisoba Veg & Non-veg 🌱🌾🧠                                      |
| INDIAN          | Lauki Masala🌱🌿                                      | Dal Palak 🌱🌿                                | Mixed Vegetable 🌱                                  | Choley 🥥                                                            | Rajma 🌱 🛡️                                                      |
| ACCOMPANIMENTS  | Mint Rice   Butter Naan 🌱🌿                          | Jeera Rice   Roti 🌱🌿                        | Whole Wheat Bread   Roti🌱🌿                         | Rice & Roti🌱🌿                                                       | Rice & Roti 🌱🌿                                                  |
| SALADS          | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads         | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads        | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads                         | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads                     |
| DESSERTS        | Mango Pudding 🌱🌾🌿🧠                                  | Makhana Kheer 🥥🌿                            | Matcha Pudding 🌱🌾🌿                                 | Pineapple Sheera 🌱🌾🌿                                                | Orange Mousse🌱🌾🌿                                                |
| AFTERNOON SNACK |                                                     |                                             |                                                    |                                                                     |                                                                 |
| PYP             | Namak Pare 🌱🌾🌿                                      | Chia Seed Cookies 🌱🌾🌿                       | Whole Wheat Apple Cinnamon Muffin 🌱🌾🌿              | Whole Wheat Cookies 🌱🌾🧠🌿                                            | Ragi Muffin 🌱🌾🧠                                                 |

**Nutrition Key:** 🌱 Plant-based   🌿 Whole Grains / Good Source of Fibre   🧠 Supports Brain & Concentration   🛡️ Immunity-Boosting   🥥 High in protein   🍷 Hydrating   ⚡ Energy-giving   🌾 No Added Sugar / Preservative-Free

# WEEK-4

|                 | MONDAY                                             | TUESDAY                                                    | WEDNESDAY                                                      | THURSDAY                                               | FRIDAY                                          |
|-----------------|----------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------|
| MORNING SNACK   |                                                    |                                                            |                                                                |                                                        |                                                 |
| PYP-DP          | Cottage Cheese Sandwich   Assorted Fruit 🌱🌾🌿🥥      | Vegetable Idli with Coconut Chutney   Assorted Fruit 🌱🌾🌿🥥🥤 | Ragi Apple Pancakes with Chocolate Sauce   Assorted Fruit 🌱🌾🧠🌿 | Masala Daliya   Carrot Muffin   Assorted Cut Fruit 🌱🌾🌿 | Spinach Corn Bruschetta   Assorted Cut Fruit 🥥🌱 |
| EARLY YEARS     | Paneer Wrap   Vegetable Oats 🌱🌾🌿                   | Fruit Delight Sandwich   Cereal with Milk 🌱🌾🌿              | Idli with Coconut Chutney   Mixed Fruit Juice 🌱🌾🌿              | Whole Wheat Veg. Pizza   Sweet Porridge 🌱🌾🌿            | Paneer Paratha with Curd 🌱🌾🌿                    |
| LUNCH           |                                                    |                                                            |                                                                |                                                        |                                                 |
| SOUP            | Lemon Coriander 🌱🌾🌿                                | Tomato with Dhaniya Shorba 🌱🌿                              | Manchow Soup 🌱🌾🌿                                               | Talumein Soup 🌱🌾🌿🧠🛡️                                   | Tom Yum Soup 🌱🌾🌿                                |
| CONTINENTAL     | Chilly Paneer   Chilly Chicken   Veg Moussaka 🌱🌾🌿🥥 | Baked Potato Vegetables with Black Bean Sauce 🌱🌾🌿          | Grilled Chicken with Broth   Cajun Roasted Vegetables 🛡️🌾🌿🥥    | Kadai Paneer   Veg Ratatouille 🌾🌿🥥🛡️                   | Kare Udon   Stir Fried Vegetables 🥥🌾🌿           |
| INDIAN          | Fried Rice 🌱🌾🌿                                     | Choley 🥥                                                   | Dal Fry 🛡️🌾🌿🥥                                                  | Matar Curry 🌾🌿                                         | Black Channa Curry 🥥🌾🌿                          |
| ACCOMPANIMENTS  | Cheese Toasted Bread 🌿🥥                            | Rice   Kulcha 🌱🌿                                           | Roti & Rice 🌱🌿                                                 | Roti & Rice 🌱🌿                                         | Roti & Rice 🌱🌿                                  |
| SALADS          | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads        | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads                | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads                    | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads            | A Choice of 7–8 🌱🌿<br>Fresh Seasonal Salads     |
| DESSERTS        | Lauki Halwa 🌱🌾🌿                                    | Pineapple Mousse 🌱🌾🌿                                       | Kashmiri Halwa 🌱🌾🌿                                             | Chocolate Chia Seed Pudding 🌱🌾🌿                        | Ragi Halwa 🌱🌾🌿                                  |
| AFTERNOON SNACK |                                                    |                                                            |                                                                |                                                        |                                                 |
| PYP             | Methi Mathri 🌱🌿                                    | Ragi Gur Sticks 🌱🌾🌿                                        | Idli with Coconut Chutney 🌱🌾🌿                                  | Falafel with Tomato Salsa 🌱🌾🌿                          | Cumin Seed Cookies 🌱🌾🌿                          |

**Nutrition Key:** 🌱 Plant-based 🌿 Whole Grains / Good Source of Fibre 🧠 Supports Brain & Concentration 🛡️ Immunity-Boosting 🥥 High in protein 🥤 Hydrating ⚡ Energy-giving 🌾 No Added Sugar / Preservative-Free

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