



Lancers[®]
International School
An IB World School

FOOD MENU 2026-27



IB CONTINUUM
CONTINUUM DE L'IB
CONTINUUM 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 🌱🌾🧠🛡️	Beetroot Ragi Puff with Mint Chutney Assorted Fruit 🌱🥬	Ragi Banana Pancakes with Jaggery Sauce Assorted Fruit 🌱🌾🥬	Whole Wheat Cottage Cheese Bruschetta 🥬🧠	Vegetable Poha Assorted Fruit 🌱🌾🌾🧠🛡️🥤
EARLY YEARS	Ragi Paneer Chilla Assorted Fruit 🌱🌾🌾	Honey Crispy Paneer Vegetable Poha 🌱🌾🌾	Fruit Delight Sandwich Masala Daliya 🌱🌾🌾	Churros with Chocolate Sauce Flavored Yogurt 🌱🌾🌾	Vegetable Cutlet Healthy Fruit Smoothie 🌱🌾🌾🥬
LUNCH					
SOUP	Minestrone (34 kcal) 🌱🌾🌾	Sweet Corn (65 kcal)🌱🌾🌾	Wakami (36 kcal) 🌱🌾🌾🛡️	Tomato Basil (60 kcal)🌱🌾🌾	Veg. Manchow (75 kcal)🌱🌾
CONTINENTAL	Grilled Chicken with Ragu Sauce (175 kcal) Grilled Vegetables in Plum Sauce (20 kcal) 🌾🌾🥬🌱	Veg. Pasta in Pesto Sauce (180 kcal) 🌱🌾🌾	Chicken Mabo Tofu (140 kcal) Veg Mabo Tofu (135 kcal) 🌱🌾🌾🛡️	Grilled Cottage Cheese with Ragu Sauce (180 kcal) Cajun Roasted Vegetable (85 kcal) 🌱🌾🌾	Veg. Manchurian (210 kcal) Hakka Noodle (372 kcal) Stir Fried Chicken (160 kcal) 🌱🌾🌾
INDIAN	Choley (164 kcal) 🌱🌾🌾🛡️	Punjabi Kadi (180 kcal) Aloo Gobhi (106 kcal)🌱🌾🌾	Rajma (127 kcal) 🌱🥬	Dal Tadka (120 kcal) 🌱🥬	Aloo Capsicum (110 kcal) 🌱🥬
ACCOMPANIMENTS	Rice & Roti (130 & 85 kcal) 🌱🌾🌾	Rice & Roti (130 & 85 kcal) 🌱🌾🌾	Rice & Roti (130 & 85 kcal) 🌱🌾🌾	Rice & Roti (130 & 85 kcal) 🌱🌾🌾	Rice & Roti (130 & 85 kcal) 🌱🌾🌾
SALADS	A Choice of 7–8 🌱🌾 Fresh Seasonal Salads	A Choice of 7–8 🌱🌾 Fresh Seasonal Salads	A Choice of 7–8 🌱🌾 Fresh Seasonal Salads	A Choice of 7–8 🌱🌾 Fresh Seasonal Salads	A Choice of 7–8 🌱🌾 Fresh Seasonal Salads
DESSERTS	Pomegranate Rice Kheer (180 kcal) 🌱🌾🌾🧠	Apple Pie (265 kcal) 🌱🌾🌾🧠	Sweet Potato Delight Halwa (185 kcal) 🌱🌾🌾🧠	Ragi Fudge Squares (450 kcal) 🌱🌾🌾🛡️	Strawberry Mousse (185 kcal) 🌱🌾🌾
AFTERNOON SNACK					
PYP	Cinnamon Bun 🌱🌾	Fruit Cake 🌱🌾🌾🧠🛡️	French Chaat 🌱🌾🌾	Assorted Fruit Sandwich 🌱🌾🌾	Chocolate 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-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 (70 kcal) 🌱🌿	Miso Soup (35 kcal) 🌱🌾🌿	Potato Leeks (60 kcal) 🌱🌾🌿	Clear Vegetable Soup (35 kcal) 🌱🌾🌿🧠	Creamy Broccoli Soup (90 kcal) 🌱🌾🌿
CONTINENTAL	Veg. & Nonveg Biryani (150 & 195 kcal) Yasi Itame (80 kcal) 🌾🌿🥛🛡️	Idli Sambhar (110 kcal) Sweet & Sour Vegetables (78 kcal) 🌱🌿	Veg. Thai Curry (145 kcal) Non-veg Thai Curry (155 kcal) 🌱🌾🌿	Baked Vegetables (90 kcal) Sweet & Sour Cottage Cheese (103 kcal) 🌾🌿🧠🥛	Grilled Fish with Lemon Caper Sauce (150 kcal) Baked Mashed Potato (113 kcal) 🌱🌾🌿
INDIAN	Matar Paneer (170 kcal) 🌱🌾🌿🥛	Dal Makhni (180 kcal) 🌱🌿	Red Masoor Dal (352 kcal) 🌱🌾🌿	Uttapam (215 kcal) 🌱🥛	Raita (65 kcal) 🌱🌾🌿
ACCOMPANIMENTS	Whole Wheat Garlic Bread (330 kcal) 🌿	Rice (130 kcal) 🌿	Rice & Roti (130 & 85 kcal) 🌱🌾🌿	Rice & Roti (130 & 85 kcal) 🌱🌾🌿	Rice (130 kcal) Whole Wheat Bread (259 kcal) 🌿
SALADS	A Choice of 7–8 🌱🌿 Fresh Seasonal Salads	A Choice of 7–8 🌱🌿 Fresh Seasonal Salads	A Choice of 7–8 🌱🌿 Fresh Seasonal Salads	A Choice of 7–8 🌱🌿 Fresh Seasonal Salads	A Choice of 7–8 🌱🌿 Fresh Seasonal Salads
DESSERTS	Suji Halwa (315 kcal) 🌱🌾🌿	Chocolate Mousse (225 kcal) 🌱🌾🌿	Kesari Kheer (230 kcal) 🌱🌾🌿	Kiwi Mousse (180 kcal) 🌱🌾🌿	Fruit Semiya Kheer (175 kcal) 🌱🌾🌿
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 (50 kcal)🌾🌱	Lemon Coriander (45 kcal) 🌱🌾🌱	Peking Soup (41 kcal) 🌱🌾🌱	Tomato Dhaniya Shorba (35 kcal) 🌱🌾🌱	Non Veg Sweet Corn (101 kcal) 🌱🌾🌱
CONTINENTAL	Butter Chicken (200 kcal) Paneer Makhani (175 kcal) Veg Au Gratin (150 kcal) 🌾🌱🌾	Asian Green Vegetables (22 kcal) 🌱🌱	Red Sauce Pasta Veg. & Non-veg (130 & 135 kcal) 🌾🌾🌱	Roasted Cauliflower with Ragu Sauce (90 kcal) Vegetable with Plum Sauce (80 kcal) 🌾🌱🌾	Yakisoba Veg & Non-veg (190 & 220 kcal) 🌱🌾🧠
INDIAN	Lauki Masala (90 kcal) 🌱🌱	Dal Palak (120 kcal) 🌱🌱	Mixed Vegetable (78 kcal) 🌱	Choley (164 kcal) 🌾	Rajma (127 kcal) 🌱 🛡️
ACCOMPANIMENTS	Mint Rice (150 kcal) Butter Naan (330 kcal) 🌱🌱	Jeera Rice (130 kcal) Roti (85 kcal) 🌱🌱	Whole Wheat Bread (259 kcal) Roti (85 kcal) 🌱🌱	Rice & Roti (130 & 85 kcal) 🌱🌱	Rice & Roti (130 & 85 kcal) 🌱🌱
SALADS	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads
DESSERTS	Mango Pudding (78 kcal) 🌱🌾🌱🧠	Makhana Kheer (115 kcal) 🌾🌱	Matcha Pudding (140 kcal) 🌱🌾🌱	Pineapple Sheera (250 kcal) 🌱🌾🌱	Orange Mousse (210 kcal) 🌱🌾🌱
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 (45 kcal) 🌱🌾🌱	Tomato with Dhaniya Shorba (35 kcal) 🌱🌱	Manchow Soup (78 kcal) 🌱🌾🌱	Talumein Soup (50 kcal) 🌱🌾🧠🥬	Non Veg Tom Yum Soup (55 kcal) 🌱🌾🌱
CONTINENTAL	Chilly Paneer (200 kcal) Chilly Chicken (200 kcal) Veg Moussaka (135 kcal) 🌱🌾🥥	Baked Potato Vegetables with Black Bean Sauce (115 kcal) 🌱🌾🌱	Grilled Chicken with Broth (165 kcal) Cajun Roasted Vegetables (90 kcal) 🥬🌾🥥🥑	Kadai Paneer (250 kcal) Veg Ratatouille (80 kcal) 🌾🥥🥬🥬	Kare Udon (130 kcal) Stir Fried Vegetables (85 kcal) 🥥🌾🌱
INDIAN	Fried Rice (168 kcal) 🌱🌾🌱	Choley (164 kcal) 🥥	Dal Fry (150 kcal) 🥬🌾🌱🥥	Matar Curry (121 kcal) 🌾🌱	Black Channa Curry (168 kcal) 🥥🌾🌱
ACCOMPANIMENTS	Cheese Toasted Bread (333 kcal) 🌱🥥	Rice (130 kcal) Kulcha (290 kcal) 🌱🌱	Rice & Roti (130 & 85 kcal) 🌱🌱	Rice & Roti (130 & 85 kcal) 🌱🌱	Rice & Roti (130 & 85 kcal) 🌱🌱
SALADS	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads	A Choice of 7–8 🌱🌱 Fresh Seasonal Salads
DESSERTS	Lauki Halwa (270 kcal) 🌱🌾🌱	Pineapple Mousse (250 kcal) 🌱🌾🌱	Kashmiri Halwa (450 kcal) 🌱🌾🌱	Chocolate Chia Seed Pudding (150 kcal) 🌱🌾🌱	Ragi Halwa (270 kcal) 🌱🌾🌱
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.