



MV CANTEEN FOOD MENU

Good Food | Healthy Mind | Bright Future

Tasty
Nutritious
& Fresh

DAY & DATE	BREAKFAST	SHORT BREAK	LUNCH	SNACKS	DINNER
13.10.2026	PAV BREAD TOAST 2 PCS, MATAR GHUGHNI, VEG OATS.	BOILED CHANA CHAAT	PLAIN RICE, ROTI, MOONG DAL, KAKROL AALOO BHAJI, LAUKI KOFTA CURRY, PAPARD.	VEG CUTLETS (2)	RICE, MOONG DAL, ROTI, PATTAGOBHI AALOO CURRY, MILK
NUTRITION VALUE	cal ~600, carbs ~92 g, pro ~18 g, fat ~14 g, fib ~9 g, sug ~7 g		cal ~720, carbs ~108 g, pro ~21 g, fat ~18 g, fib ~10 g, sug ~6 g		cal ~690, carbs ~100 g, pro ~20 g, fat ~17 g, fib ~9 g, sug ~8 g
14.10.2026	CHEESE GRILLED SANDWICH, SORTED SOYA BARI (1 SERVING), 1 PC BANANA / CUT FRUIT	CAFETERIA ITEMS	PLAIN RICE, ROTI, ARHAR DAL, AALOO POSTO, BHINDI AALOO BHAJI, SALAD	PANI PURI	YELLOW RICE, ROTI, MOONG DAL, PAPAYA AALOO BHAJI, MILK
NUTRITION VALUE	cal ~680, carbs ~96 g, pro ~22 g, fat ~20 g, fib ~9 g, sug ~12 g		cal ~720, carbs ~108 g, pro ~21 g, fat ~18 g, fib ~11 g, sug ~6 g		cal ~700, carbs ~102 g, pro ~20 g, fat ~17 g, fib ~9 g, sug ~8 g
15.10.2026	BELMA KACHORI, AALOO CHOLA SABJI, HALWA	BANANA	PLAIN RICE, ROTI, MOONG DAL, BUTTER PANEER, BARBATTI AALOO BHAJI, AACHAR	DAHI BHALLA	ZIRA RICE, MIXED DAL TARKA, ROTI, AACHARI AALOO
NUTRITION VALUE	cal ~760, carbs ~110 g, pro ~18 g, fat ~24 g, fib ~8 g, sug ~20 g		cal ~820, carbs ~116 g, pro ~26 g, fat ~26 g, fib ~11 g, sug ~7 g		cal ~700, carbs ~104 g, pro ~21 g, fat ~18 g, fib ~10 g, sug ~6 g
16.10.2026	VERMICELLI UPMA, CUT FRUITS, INDORI POHA	BHUNA CHURA MASHALA	ZIRA RICE, ROTI, CHANA DAL TARKA, SOYABEAN AALOO CURRY, BHINDI AALOO BHAJI.	MURI MASHALA	RICE, ROTI, ARHAR DAL, LAUKI AALOO PORIAL, MILK
NUTRITION VALUE	cal ~580, carbs ~92 g, pro ~15 g, fat ~12 g, fib ~8 g, sug ~10 g		cal ~720, carbs ~108 g, pro ~22 g, fat ~18 g, fib ~11 g, sug ~6 g		cal ~700, carbs ~102 g, pro ~20 g, fat ~17 g, fib ~9 g, sug ~8 g

Note: Menu is subject to change due to unavailability of vegetables

MINIMUM PER DAY MEAL CONTRIBUTION AS PER ICMR & WHO (For students aged 8-16 years)-

Calories: ~1500 - 2,500 kcal; ~1500 Poydydrates: ~130 g Fat: ~45-60 g

Fiber: ~25-35 g. Sugar: added/free sugar below 30 g/day

****The quantity mentioned above does not represent a fixed serving: in the basis of an average measure.

NOTICE: Due to Navratri, from 11th October to 20th October the canteen will serve food without onion and garlic.

Healthy Food Happy Students