

FOOD QUOTE OF THE MONTH

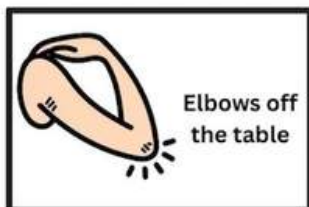
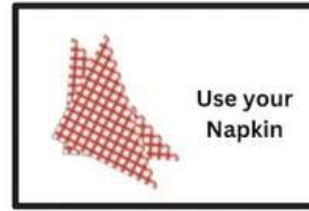
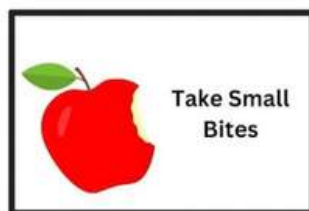
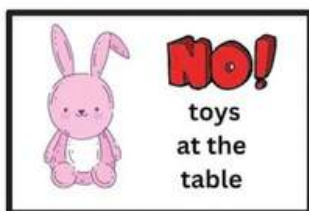


“To eat is a necessity, but to eat intelligently is an art.”

-La Rochefoucauld



TABLE MANNERS CHART



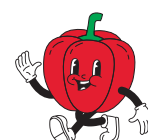
About the Menu



Healthy food days
(veggies, fruits)



Moderate food days
(snacks, fast food)



Sweet/treat days
(desserts, candies)



KR Mangalam menu 2025 (1st and 3rd week Sep 2025)

| | 1st Sep | 2nd Sep | 3rd Sep | 4th Sep (Only Breakfast) | |
|----------------------|-----------------|-----------------|---------------------------------|---------------------------------|-----------------------------------|
| | 15th Sep | 16th Sep | 17th Sep | 18th Sep | 19th Sep |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | |
| Drink | Fresh Juice | Strawberry | Fresh Juice | Chocolate flavored Milk | Fresh Juice |
| Fruit | Papaya | Apple | Pears | Apple | Banana |
| Breakfast | Quinoa Pancakes | Idli Sambhar | Aloo Paratha with Curd & Pickle | Besan Chilla with Green Chutney | Paneer Paratha with curd & pickle |
| Lunch | | | | | |
| Salad | Cucumber Tomato | Kuchumber Salad | Bean Salad | Greek Salad | Kimchi Salad |
| Continental Food/Chi | Sweet Corn | Red Sauce Pasta | Roasted Baby Potato | Mac & cheese | Baked Vegetables |
| Indian Vegetabl | Dum Aloo | Mix Veg | Kadhai Mushroom | Minced Soya Vegetable Fry | Veg Machurian Gravy |
| Dal | Matar Paneer | Dal makhani | Arhar dal | Kale Chane | Dal Panchmel |
| Rice | Steamed Rice | Veg Biryani | Jeera rice | Onion Rice | Vegetable Fried Rice |
| Bread | Tawa roti | Tawa roti | Tawa roti | Tawa roti | Tawa roti |
| Drink | Aam Panna | Lemonade | Jaljeera | Jeera chaach | Lemonade |
| Dessert | | | | | 19th Gulab Jamun |



KR Mangalam menu 2025 (2nd & 4th week Sep 2025)

| | 8th Sep | 9th Sep | 10th Sep | 11th Sep | 12th Sep |
|---------------------------------|-------------------|--------------------|---------------------|-----------------------------|-------------------------------|
| | 22nd Sep | 23rd Sep | 24th Sep | 25th Sep | 26th Sep |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | | | | | |
| Drink | Fresh Juice | Vanilla Milkshake | Fresh Juice | Chocolate Milkshake | Fresh Juice |
| Fruit | Papaya | Apple | Pears | Apple | Banana |
| Breakfast | Multigrain subway | Wada sambar with | Aloo Paratha with | Quinoa Pancakes | Poha |
| Lunch | | | | | |
| Salad | Cucumber Tomato | Aloo Channa | Greek Salad | Papdi Chaat | Kimchi Salad |
| Continental Food/Chinese | Pizza Puff | Veg Lasagne | Finger Potato Baked | Butterd Corn And Bellpepper | Vegetable Hakka Noodles |
| Indian Vegetable | Mix Veg | Methi matar malai | Kadai Paneer | Aloo Capsicum | Paneer Machurian |
| Dal | Rajma masala | Yellow dal tadka | Dal baluchi | Kofta Curry | Dal Dhaba |
| Rice | Steamed Rice | Veg Biryani | Jeera rice | Steamed rice | Steamed rice |
| Bread | Tawa roti | Tawa roti | Tawa roti | Tawa roti | Tawa roti |
| Drinks | Aam Panna | Lemonade | Jaljeera | Jeera chaach | Lemonade |
| Dessert | | | | | 12th - Assorted Pastry 26th - |