

KR Mangalam Menu 2025 (1st and 3rd week October 2025)					
	29-Sep	30-Sep			03-Oct
	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Beverage	Fresh Juice	Strawberry Milkshake	Fresh Juice	Chocolate Flavored Milk	Fresh Juice
Fresh Fruit	Papaya	Apple	Orange	Banana	Apple
Indian Breakfast	Vegetable Poha with Mint Chutney	Idli with Sambar and Chutney	Paneer Paratha with Curd & Pickle	Quinoa Pancake with Syrup	Aloo Paratha with Curd & Pickle
Lunch					
Salad	Traditional Greek Salad	Caesar Salad	Chickpea Chaat	Tomato, Bellpepper & Lettuce Salad	Kimchi Salad
Indian Mains	Mix veg	Gobhi Matar	Saag Paneer	Jeera Aloo	Vegetables Kofta Curry
	Punjabi Chole	Arhar Dal	Dal Makhani	Rajma	Dal Palak
Indian Breads	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa roti
International Main	Lasagna	Fusilli in Tomato Basil sauce	Sauteed broccoli & corn	Mac & Cheese	Cottage Cheese in Chilli Bean Sauce
Rice	Steamed Rice	Steamed Rice	Vegetable Biryani	Matar Rice	Vegetable Noodles
Beverage	Chaach	Lemon Water	Lassi	Lemon Water	Aam Panna
Dessert					3rd Oct - Tiramisu 17th Oct - Cocumut Ladoo

KR Mangalam Menu 2025 (2nd & 4th week October 2025)					
	06-Oct		08-Oct	09-Oct	10-Oct
	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Beverage	Fresh Juice	Strawberry Milkshake	Fresh Juice	Chocolate Flavored Milk	Fresh Juice
Fresh Fruit	Papaya	Apple	Banana	Orange	Apple
Indian Breakfast	Moong Dal Chilla	Pav Bhaji	Paneer Paratha with curd & pickle	Utthpam with sambar and chutney	Mix Vegetables Paratha with curd & pickle
Lunch					
Salad	Traditional Greek Salad	Roasted Parsley Potato Salad	Quinoa with Pineapple Salad	Leafy Vegetables with Beetroot Salad	Papdi Chaat
Indian Mains	Aloo Methi	Mattar Paneer	Bhuna Saag	Aloo Gobhi	Lauki Kofta Curry
	Rajma Masala	Ghuti Urad Dal Tadka	Dal Panchmel	Dal Dhaba	Yellow Moong Dal Tadka
Indian Breads	Tawa roti	Tawa roti	Tawa roti/ Makki Ki Roti	Tawa roti	Tawa roti
International Main	Red Spaghetti Napolitana	Sweet Corn	Baked Potato	Musaka	Cottage cheese in Hot Garlic Sauce
Rice	Steamed Rice	Steamed rice	Veg Biryani	Steamed rice	Vegetable Fried Rice
Beverage	Chaach	Lemon Water	Lassi	Lemon Water	Aam Panna
Dessert					10th Oct - Gulab Jamun 31st Oct - Assorted Pastry