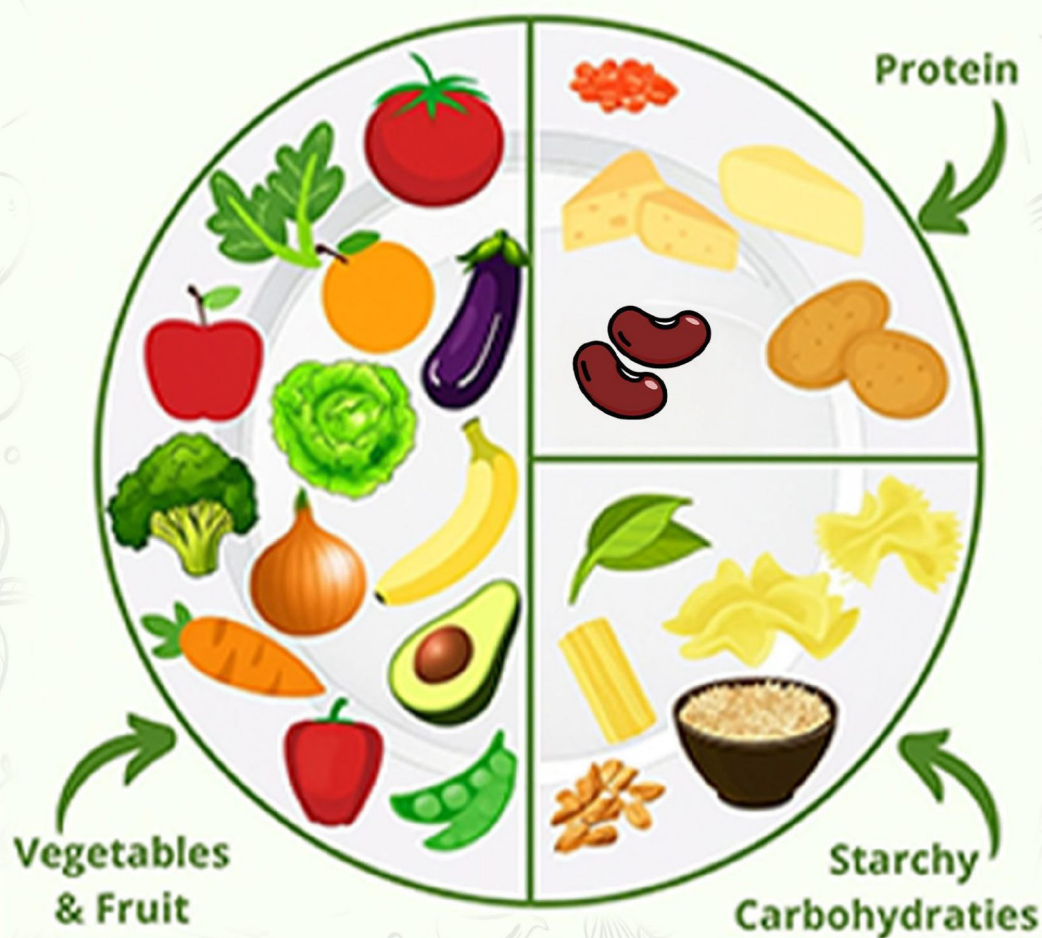




**EATING HEALTHY
FOOD FILLS YOUR
BODY WITH ENERGY
AND NUTRIENTS.
IMAGINE YOUR CELLS
SMILING BACK AT
YOU AND SAYING
THANK YOU!**

— KAREN SALMANSOHN

Forming Balanced Meals & Snacks



Healthy Food
Days (Veggies, Fruits)



Moderate Food
Days (Snacks, Fast Food)



Sweet/treat Days
(Desserts, Candies)

KR MANGALAM MENU 2026 (1ST AND 3RD WEEK SEPTEMBER 2026)

DAY AND DATE	MONDAY (14TH & 28TH SEP)	TUESDAY (1ST & 15TH & 29TH SEP)	WEDNESDAY (2ND & 16TH & 30TH SEP)	THURSDAY (3RD & 17TH SEP)	FRIDAY (18TH SEP)
BREAKFAST					
Beverage	Fresh Juice 🍏	Vanilla Flavoured Milk	Fresh Juice 🍏	Chocolate Flavoured Milk	Fresh Juice 🍏
Fresh Fruit	Papaya 🍌	Apple 🍏	Pears 🍏	Apple 🍏	Banana 🍌
Indian Breakfast	🍌 Banana Pancake	Spinach & Corn Focaccia Sandwich 🥗	Paneer Paratha with Curd & Pickle	Idli with Sambar & Chutney 🍲	Aloo Paratha with Curd & Pickle
LUNCH					
Drinks	Masala Chaach	Sweet Lassi 🍏	Glucon D 🍏	Sweet Lassi 🍏	Mint Cooler
Salad	Salad Bar 🥗	Salad Bar 🥗	Salad Bar 🥗	Salad Bar 🥗	Salad Bar
Raita	Mint Raita	Cucumber Raita	Boondi Raita 🍏	Burhani Raita 🍏	Beetroot Raita 🍏
Indian Mains	Jeera Aloo 🍌 Punjabi Chole	Kadhai Paneer + Rajma Masala	Mix Vegetable Dry Black Masoor Dal	Paneer Lababdar Dal Makhani	Aloo Gobhi Dal Dhaba
Indian Breads	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa roti
International Main	Cajun Spiced Grilled Vegetables	Penne Pasta in Tomato Basil Sauce	Mousaka	Fusilli Pasta in Cream Cheese Sauce	🍌 Veg Manchurian
Western Bread	Western Bread	Western Bread	Western Bread	Western Bread	Western Bread
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Veg. Biryani	Vegetables Hakka Noodles
Dessert					🍌 18th Sept – Brownie

KR MANGALAM MENU 2026 (2ND & 4TH WEEK SEPTEMBER 2026)

DAY AND DATE	MONDAY (7TH & 21ST SEP)	TUESDAY (8TH & 22ND SEP)	WEDNESDAY (9TH & 23RD SEP)	THURSDAY (10TH & 24TH SEP)	FRIDAY (11TH & 25TH SEP)
BREAKFAST					
Beverage	Fresh Juice	Kesar Milk	Fresh Juice	Strawberry Flavoured Milk	Fresh Juice
Fresh Fruit	Papaya 🍌	Apple 🍏	Pears 🍏	Apple 🍏	Banana 🍌
Indian Breakfast	Quinoa Pancake 🍌	Pav Bhaji 🍌	Aloo Paratha with Curd & Pickle	Matar Kulcha 🍌	Mix Vegetables Paratha With Curd & Pickle
LUNCH					
Drinks	Masala Chaach	Glucon D	Sweet Lassi	Masala Chaach	Mint Cooler
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Raita	Mint Raita 🍏	Cucumber Raita 🍏	Beetroot Raita	Boondi Raita 🍏	Onion Tomato Raita
Indian Mains	Jaipuri Masala Aloo	Kadhai Paneer	Aloo Gobhi Mattar	Bhindi Masala	Arbi Masala
	Rajma Masala 🍌	Moong Masoor Dal Tadka	Dal Makhani	Red Thai Curry	Chana Dal Tadka
Indian Breads	Tawa roti	Tawa roti	Tawa roti	Tawa roti	Tawa roti
International Main	Lasagna	Baked Finger Potato	Mac & cheese	Wok Tossed Vegetables	Cottage Cheese in Schezwan Sauce
Western Bread	Western Bread	Western Bread	Western Bread	Western Bread	Western Bread
Rice	Steamed Rice	Steamed rice	Veg Biryani	Steamed rice	Vegetable Fried rice
Dessert					🍌 11th Sept – Assorted Pastry 25th Sept – Tiramisu