



Sainik School, Khara-Kheri

(wef 10 February 2026)



04:30 AM – 05:00 AM – Tea and Biscuit

Menu

Day	Breakfast	Refreshment	Lunch	Refreshment	Dinner
Monday	Poha/Bananas & Bnana Shake/Milk	Shakkar Pare/Mathi/ Cutlets/ Samosa/Gulgule/ Patties/Biscuits/ Bhujia/ Nimbu Pani	Palak Kofta/Pakoda Kadhi/Black Chane, Seasonal Veg, Chapati, Plain Rice, Salad	Fruit	Daal, Seasonal Veg, Chapati, Rice, Kheer & Milk
Tuesday	Plain/Onion Prantha, Sabji & Milk/ Curd	-do-	Matar Masala/Daal, Seasonal Veg, Chapati, Jeera Rice, Dahi/ Raita	Fruit/Pakora	Palak/Matar Paneer, Daal, Chapati, Rice, Rasgulla/Gulab Jamun
Wednesday	Khichri & Milk/ Curd	-do-	Rajma, Seasonal Veg, Chapati, Matar Rice, Salad, Dahi	Fruit/Sprout Chaat	Daal, Seasonal Veg, Chapati, Rice, Fruit custard & Milk
Thursday	Puri, Sabji & Milk/ Curd	-do-	Daal Makhani / Seasonal Veg, Chapati, Pulao Rice, Salad	Banana Shake	Seasonal Veg, Daal, Chapati, Rice, Gulab Jamun / Rasgulla & Milk
Friday	Bread Sandwich & Horlics Milk	-do-	Plain Kadhi, Seasonal Veg, Chapati, Plain Rice, Salad, Dahi/Raita, Papad	Milk Shake/ Fruit	Mixed Veg, Daal, Chapati, Rice, Sewian & Milk
Saturday	Khichri, Curd/ Milk	-do-	Chhole, Mixed Veg, Puree/ chapatti, Fried Rice, Salad, Pickle	Chana Chaat	Shahi/Matar Paneer, Daal, Chapati, Rice, Halwa/Rasgulla
Sunday	Stuffed Prantha (Aloo/Gobhi)/ Puri Sabji & Milk/ Curd	-	White Chhole, Veg Biryani, Bhature/Chapati, Salad, Dahi/Raita	Fruit Chaat	Daal, Seasonal Veg, Chapati, Rice, Sewian Kheer & Milk

Note:- Menu is subject to change due to non-availability of an item on that day. However, it will be our endeavour that such change is rarely done & not made a routine practice.