

PARAMOUNT INTERNATIONAL SCHOOL

Sector 23, Dwarka, New Delhi

Meal Planner | November 2026

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2-6 Nov	Date	Mon 2 Nov	Tue 3 Nov	Wed 4 Nov	Thu 5 Nov	Fri 6 Nov Diwali Mela
	Breakfast	Vegetable Upma with Seasonal Fruit	Hash Browns	Vegetable Poha with Peanuts	Banana, Milk & Dry Fruits	Fruit Custard
	Lunch	Rajma Rice & Salad	Lobia Curry & Multigrain Chapati	Aloo Paratha with Curd	Dal Tadka, Jeera Rice & Salad	Puri & Chole
Week 2 9-13 Nov	Date	Mon 9 Nov	Tue 10 Nov	Wed 11 Nov	Thu 12 Nov	Fri 13 Nov
	Breakfast	Holiday Diwali break	Holiday Govardhan Puja	Holiday Bhai Dooj	Muesli with Milk	Brown Bread Mayo Sandwiches
	Lunch				Multigrain Veg Pizza	Beetroot Paratha & Curd
Week 3 16-20 Nov	Date	Mon 16 Nov	Tue 17 Nov	Wed 18 Nov	Thu 19 Nov	Fri 20 Nov
	Breakfast	Besan Cheela with Mint Chutney	Ragi Bites & Milk	Idli with Sambar	Vegetable Vermicelli	Jaggery Sooji Halwa
	Lunch	Kadhi Rice & Sweet	Ghiya Kofta with Chapati	Vegetable Pulao with Raita	Dal Makhani with Ajwain Paratha	Chole Kulcha
Week 4 23-27 Nov	Date	Mon 23 Nov	Tue 24 Nov	Wed 25 Nov	Thu 26 Nov	Fri 27 Nov
	Breakfast	Vegetable Daliya	Holiday Guru Nanak Jayanti	Vegetable Cutlets	Brown Bread Corn & Cheese Sandwich	Dhokla with Green Chutney
	Lunch	Matar Paneer & Multigrain Chapati		Mixed Vegetable with Chapati	Vegetable Biryani with Curd	Mini Veg Burgers & Salad
Week 5 30 Nov	Date	Mon 30 Nov	—	—	—	—
	Breakfast	Multigrain Flakes with Milk	December menu	December menu	December menu	December menu
	Lunch	Paneer Bhurji with Chapati				

School holiday	School event (meals served)	Not in this month
----------------	-----------------------------	-------------------

Please note

- All meals are vegetarian and freshly prepared in the school kitchen on the day of service.
- Lunches are served with seasonal salad or curd as indicated; drinking water is available at all times.
- Items may be substituted with an equivalent dish subject to availability of fresh produce.
- Parents of children with food allergies or dietary restrictions are requested to inform the class teacher in writing.

Nutritious Meals • Healthy Minds • Bright Future