



SURYA SAINIK SCHOOL

Approved by the Ministry of Defense, India

Gaura, Mohan[alganj, Raibareli Road, Lucknow-UttarPradesh 227305

Website:- www.suryasainikschool.com | Email:- info@suryasainikschool.com

Mobile No:- +91 8601444401, +91 9005092909, +91 9005092910

MENU FOR HOSTEL CADETS APPLICABLE W.E.F. 05/07/2026

Day / Time	Breakfast 07:15 AM	Morning Refreshment 11.00 AM	Lunch 01:30 – 2.10PM	Evening Refreshment 6.00 - 6.20 PM	Dinner 08:30 PM
Monday	Stuff Paratha+ Chatni+Boiled Egg & Milk	Seasonal Fruit	Mix dal + Seasonal Veg. + Rice + Chapati +Salad+ Raita	Noodles +Butter Milk/Tea	Arhar Dal+Seasona l Veg+Rice + Chapati + Salad+ Suji Halwa
Tuesday	Poori Sabji + Boiled Egg & Milk	Seasonal Fruit	Arhar Dal + Seasonal Veg+. Rice + Chapati + Salad + Raita	Butter Sandwich + Butter Milk/Tea	Kofta + Rice + Chapati + Salad + Sevviya
Wednesday	Poha with peanut + Boiled Egg + Milk	Seasonal Fruit	Mix dal +Seasonal veg+Rice+ Chapati +Salad+ Curd	Potato Sandwich + Chatni + Butter Milk/Tea	Veg Manchurian+ Chicken + Rice + Chapati + Salad
Thursday	Idli Sambhar+ Boild Egg & + Milk	Seasonal Fruit	Kadhi +Seasonal Veg+ Rice + Chapati +Salad	Fried Rice chatni + Butter Milk/Tea	Arhar dal + Mix veg + Rice + Chapati + Fruit custard + Salad
Friday	Fried Grams+ Boiled Egg + Milk	Seasonal Fruit/	Rajma + Rice + Chapati + Salad+ Curd	Pasta/Burger + Butter Milk/Tea	Paneer/Mashr oom + Chicken + Rice + Chapati +Salad+
Saturday	Onion Paratha/ Paratha+Chatni /Veg +Boiled Egg + Milk	Seasonal Fruit	Soya Been Curry +Rice + Chapati + Salad+ Raita	Fried Rice chatni + Butter Milk/Tea	Mix Dai + Aloo Matar Veg + Rice + Chapati + Salad+ Suji Halwa
Sunday	Chhole Bhatoore + Boiled Egg + Milk	Seasonal Fruit	Kali masoor dal+ Rice +Sabji + Chapati + Salad+Curd	Fruit Chat + Butter Milk//Tea	Paneer + Jeera-Pulao /Rice + Chapati+ Salad +Papad +Ice Cream

Note: Modification will be done according to availability of vegetables & other food items.



Handwritten signature and date: 10/7/26