



SURYA SAINIK SCHOOL

Approved by the Ministry of Defense, India

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MENU FOR HOSTEL CADETS APPLICABLE W.E.F. 22/04/2026

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	Boiled & fried grams + Egg + Milk	Seasonal Fruit	Mix dal + Seasonal Veg. + Rice + Chapati +Salad+ Raita	Noodles +Butter Milk	Arhar Dal+Seasonal Veg+Rice + Chapati + Salad+ Suji Halwa
Tuesday	Poori Sabji + Milk	Seasonal Fruit	Arhar Dal + Seasonal Veg+. Rice + Chapati + Salad + Raita	Butter Sandwich + Butter Milk	Kofta + Rice + Chapati + Salad + Sevya
Wednesday	Poha with peanut + Boiled Egg + Milk	Seasonal Fruit	Mix dal +Seasonal veg+Rice+ Chapati +Salad+ Curd	Potato Sandwich + Chatni + Butter Milk	Veg Manchurian+ Chicken + Rice + Chapati + Salad
Thursday	Veg Dalia + Boiled Egg + Milk	Seasonal Fruit	Kadhi +Seasonal Veg+ Rice + Chapati +Salad	Fried Rice chatni + Butter Milk	Arhar dal + Mix veg + Rice + Chapati + Fruit custard + Salad
Friday	Poori Sabji + Boiled Egg + Milk	Seasonal Fruit	Rajma + Rice + Chapati + Salad+ Curd	Pasta + Butter Milk	Paneer/Mashroom + Chicken + Rice + Chapati +Salad+
Saturday	Boiled & fried grams Egg + Milk	Seasonal Fruit	Soya Been Curry +Rice + Chapati + Salad+ Raita	Fried Rice chatni + Butter Milk	Mix Dai + Aloo Matar Veg + Rice + Chapati + Salad+ Suji Halwa
Sunday	Chhole Bhature + Boiled Egg + Milk	Seasonal Fruit	Kali masoor dal+ Rice +Sabji + Chapati + Salad+Curd	Fruit Chat	Paneer + Jeera-Pulao /Rice + Chapati+ Salad +Papad +Ice Cream

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