

RISHIKUL VIDYAPEETH SONEPAT
BOARDING WEEKLY MENU
FOR SUMMER (SESSION 2026-27)

DAY	BREAKFAST	LUNCH	REFRESHMENT	DINNER
TIME	7:30 -7:45am	12:10 -12:35pm	4:15-4:30 pm	7:30 -7:50pm
Monday	Porridge & Cold Milk, Missa Parantha, Pickle	Chapati, Mix-Veg, Dal Makhani, Jeera Rice, Raita , Salad	Cold Milk, Bread Butter & Jam	Chapati, Veg -Aloo Jeera, Moong Dal , Pulav, Salad, Ice Cream
Tuesday	Idli Sambhar Tea & Cold Milk	Chapati, Kadhi Pakoda, Kala Chana, Rice, Salad	Lemonade, White Chhole Chaat & Biscuits	Chapati, Shahi Paneer, Chana & Urad Dal, Rice, Salad, Kheer
Wednesday	Plain Ajwain Parantha, Aloo Jeera, Tea & Cold Milk	Chapati, Mix-Veg, Rajma, Jeera Rice, Raita, Salad	Cold Milk, Cornflakes, Samosa & Sauce	Chapati, Veg- Seasonal, Black Masoor Dal, Jeera Rice, Salad, Milk Cake
Thursday	Pav Bhaji Tea & Cold Milk	Chapati, Mushroom Matar, White Chhole, Rice, Ghiya Raita ,Salad	Lemonade, Kala Chana Chaat & Biscuits	Chapati, Veg – Seasonal, Moong Dal, Rice, Salad, Ice Cream
Friday	Plain Puri, Potato Gravy, Tea & Cold Milk	Chapati, Mix-Veg, Rajma, Jeera Rice, Bundi Raita, Salad	Cold Milk, Bread Jam & Bhel Puri	Chapati, Pulav Veg-Seasonal, Chana Dal, Salad, Ice- Cream
Saturday	Alternative Bread Pakoda/ Macaroni, Tea & Cold Milk	Chapati, Kofta-Lokki, Dal Makhani, Rice, Sweet Curd, Salad	Lemonade, White Chhole Chaat & Biscuits	Chapati, Veg- Seasonal, Black Masoor Dal, Rice, Salad, Ice Cream
Sunday	Alternative Chhole Kulche/ Chole Bhature, Tea & Cold Milk, Pickle	Chapati, Rice, Mix-Veg, Veg Manchurian, Boondi Raita,Salad	Cold Milk, Cornflakes & Soyabean Chaat	Chapati, Jeera Rice Kadhai Paneer, Chana & Urad Dal, Salad, Rasgulla

Seasonal Fruits (To be given during Short Break)	Seasonal Vegetables	Salad
Banana, Orange, Apple, Melon, Water Melon, Guava, Mango, etc	Cauliflower, Carrot, Fenugreek, Spinach, Mustard ,Green Pea, Brinjal, Capsicum, French Beans, Bottle Gourd	Carrot, Radish, Onion, Cucumber, Tomato

RISHIKUL VIDYAPEETH SONEPAT
BOARDING WEEKLY MENU
FOR WINTER (SESSION 2026-27)

DAY	BREAKFAST	LUNCH	REFRESHMENT	DINNER
TIME	7:50 -8:05am	12:20 -12:45pm	4:15-4:30 pm	7:30 -7:50pm
Monday	Porridge & Hot Milk, Missa Parantha, Pickle	Chapati, Mix-Veg, Dal Makhani, Jeera Rice, Raita , Salad	Hot Milk, Bread Butter & Jam	Chapati, Veg -Aloo Jeera, Moong Dal , Rice, Salad, Rasgulla
Tuesday	Idli Sambhar Tea & Hot Milk	Chapati, Kadhi Pakoda, Palak Corn, Rice, Salad	Hot Milk & Tea, White Chhole Chaat & Biscuits	Chapati, Pulav Shahi Paneer, Chana & Urad Dal, Salad, Kheer
Wednesday	Plain Ajwain Parantha, Aloo Jeera, Tea & Hot Milk	Chapati, Mix-Veg, Rajma, Jeera Rice, Raita, Salad	Hot Milk, Cornflakes, Samosa & Sauce	Chapati, Veg- Seasonal, Black Masoor Dal, Jeera Rice, Salad, Milk Cake
Thursday	Pav Bhaji Tea & Hot Milk	Chapati, Mushroom Matar, White Chhole, Rice, Ghiya Raita , Salad	Tea & Hot Milk, Kala Chana Chaat & Biscuits	Chapati, Veg - Seasonal, Moong Dal, Rice, Salad, Milk Cake
Friday	Plain Puri, Potato Gravy, Tea & Hot Milk	Chapati, Mix-Veg, Rajma, Jeera Rice, Bundi Raita, Salad	Hot Milk, Bread Jam & Bhel Puri	Chapati, Veg -Seasonal, Chana Dal, Pulav, Salad, Gulab Jamun
Saturday	Alternative Bread Pakoda/ Macaroni, Tea & Hot Milk	Chapati, Kofta-Lokki, Dal Makhani, Rice, Sweet Curd, Salad	Tea & Hot Milk, White Chhole Chaat & Biscuits	Chapati, Palak, Methi, Bathwa, Sarso Black Masoor Dal, Rice, Salad, Gulab Jamun
Sunday	Alternative Chhole Kulche/ Chole Bhature Tea & Hot Milk, Pickle	Chapati, Veg-Mix, Veg Manchurian, Rice , Boondi Raita, Salad	Hot Milk, Cornflakes & Soyabean Chaat	Chapati, Jeera Rice Kadhai Paneer, Chana & Urad Dal, Salad, Suji-Besan Halwa

Seasonal Fruits (To be given during Short Break)	Seasonal Vegetables	Salad
Banana, Orange, Apple, Melon, Water Melon, Guava, Mango, etc	Cauliflower, Carrot, Fenugreek, Spinach, Mustard ,Green Pea, Brinjal, Capsicum, French Beans, Bottle Gourd	Carrot, Radish, Onion, Cucumber, Tomato

RISHIKUL VIDYAPEETH SONEPAT
BOARDING HOUSE
FEAST DAYS MENU
Session 2026-27

S NO	NAME OF THE FESTIVAL/ CELEBRATION	DATE	MENU (DINNER)
1	<i>Independence Day</i>	15' August 2026	<i>Chole Bhature, Pulav, Mix-Salad, Sweets-Milk Cake (2pcs per head)</i>
2	<i>Raksha bandhan</i>	28' August 2026	<i>Matar-Paneer, Puri, Pulav, Mix-Salad, Sweets-Milk Cake (2pcs per head)</i>
3	<i>Janamashtmi</i>	04' September 2026	<i>Chole-Bhature, Pulav, Mix-Salad, Sweets-Kheer</i>
4	<i>Dussehra</i>	20' October 2026	<i>Shahi-Paneer, Naan, Pulav, Mix-Salad, Sweets-Jalebi</i>
5	<i>Children's Day</i>	14' November 2026	<i>Chole Bhature, Pulav, Mix-Salad, Sweets-Gajar Pak Burfi (2pcs per head)</i>
6	<i>New Year Eve</i>	31' December 2026	<i>Matar-Paneer, Puri, Pulav, Mix-Salad, Sweets-Chamcham (2pcs per head)</i>
7	<i>Republic Day</i>	26' January 2027	<i>Shahi-Paneer, Naan, Pulav, Mix-Salad, Sweets-Jalebi</i>
8	<i>Maha Shiv Ratri</i>	06' March 2027	<i>Chole-Bhature, Pulav, Mix-Salad, Sweets-Kheer (add dry fruits)</i>
9	<i>Holi Celebration</i>	22' March 2027	<i>Matar-Paneer, Puri, Pulav, Mix-Salad, Sweets-Gunjia (2pcs per head)</i>