



Lancers[®]
International School
An IB World School

FOOD MENU

2025-26



Cambridge Assessment
International Education
Cambridge International School



BUFFET CYCLE MENU WEEK-1

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Ragi Banana Pancake with Jaggery sauce (250 kcal) 🌱 Fiber-Rich 🌞🌱🚫🌾🧠🛡️	Cottage Cheese on Multigrain Toast (180 kcal) 🚫🚫🌱	Falafel with tomato salsa (180 kcal) 🌱🚫🌱	Whole Wheat Bread with Grilled Veggies (200 kcal) 🌾🧠	Baked Beetroot and Millet Patties with Mint Yogurt Dip (180 kcal) 🛡️ Immunity-Boosting 🌞🌱🚫🌾🧠🛡️🚫
Only for PYP	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌱	Assorted cut fruit (150 kcal) vegan Gluten free 🌱🚫🌱	Assorted cut fruit (150 kcal) 🌱🚫🌱	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌱	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌱
ABLE MENU (for Early Years)	Cut Fruit Yogurt (180 kcal) 🚫🌱	Cottage cheese on Multigrain Toast (180 kcal) 🚫🚫🌱	Pomegranate porridge (180 kcal) 🌱 Fiber-Rich 🌱🚫🌱	Vegetable poha (200 kcal) 🌱 Vegan 🌱🚫🌱	Fox nut milk pudding 🚫🚫🌱
SOUP	Veg / Non-Veg Manchow soup (100 kcal) 🚫🌱 Gluten-Free 🌱🚫🌱	Tomato Basil Soup (100 kcal) 🌱🚫🌱	Veg / Non-Veg lemon coriander soup (100 kcal) 🌱🚫🌱🛡️	Veg. Miso soup (100 kcal) 🌱🚫 Gluten-Free 🌱🚫🌱	Veg / Non-Veg sweet corn soup (100 kcal) 🌱🚫🌱
LUNCH 🍴 Continental	Steamed chicken and vegetables with broth (300 kcal) 🚫🌱 Gluten-Free Low-GI 🚫🌾🌾 - Veg. moussaka (180 kcal) 🌱🚫🌱	Stir Fry Vegetable in Black beans sauce 🌱🚫🌱 - Spinach Mashed Potato with Multigrain Garlic Bread	Steamed Fish in Lemon garlic sauce 🌱🚫🌱🛡️ - Roasted Cauliflower with Herbed Ragu Sauce 🌱🚫🌱	- Asian green vegetables 🌱🚫🌱	- Japanese Golden curry Veg / Non Veg (180 kcal) 🌱🚫🌱
🌍 Indian	Spinach Lentil dal 🌞🌱🚫🌾🛡️	Red kidney beans curry (300 kcal) 🌱🚫🌱	Slow-Cooked Black Daal in Tomato-Cumin Sauce 🌱🌾	- Chickpea curry (180 kcal)	Grilled Paneer in Tomato-Basil Sauce 🚫🚫🌱🌾 Dal Tadka
🌊 Accompaniments	Roti	Rice, Roti	Roti, Rice, Multigrain bread 🌱	- Whole wheat kulcha, - Steamed rice 🌱🚫🌱	Steamed rice, Roti 🌱🌾
SALADS	Fresh Green Salads (Chef Choice) (180 kcal) 🌱🚫🌱	Fresh Green Salads (Chef Choice) (180 kcal) 🌱🚫🌱	Fresh Green salad (Chef choice) (180 kcal) 🌱🚫🌱	Fresh Green Salads (Chef Choice) (180 kcal) 🌱🚫🌱	Fresh Green Salads (Chef Choice) (180 kcal) 🌱🚫🌱
DESSERTS	Banana pie (180 kcal) 🌱 Fiber-Rich 🌞🌱🚫🌾🧠	Chia fruit custard (150 kcal) 🌱 Vegan 🌞🌱🚫🌾🧠	Beetroot halwa 🛡️ (180 kcal) Immunity-Boosting 🌞🌱🚫🌾🧠🛡️	Makhana Kheer 🌞🌱🚫🌾🛡️	Matcha pudding (180 kcal) 🌱🚫🌱
AFTERNOON SNACK Grade 1-5	Whole Wheat Apple Cinnamon Muffin (Low Sugar) (180 kcal) 🌱 Fiber-Rich 🌱	Chia seeds Cookies (180 kcal) 🌞🌱🚫🌾🧠🛡️	Methi Mathi (180 kcal) 🌱🚫🌱	Oats Cookies (180 kcal) 🌱 Fiber-Rich 🌱🚫🌱	Namak pare (180 kcal) 🌱🚫🌱

Note: Due to non-availability of ingredients, the menu is subject to change.









































































































































































WEEK-2

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Baked Sweet Potato Wedges with Mint Chutney ☀️🌱🚫🌾🧠🛡️	Moong Dal Pancake with Mint Chutney (180 kcal) ↓ Low-GI ↓ Low-GI 🌱🚫🌾👊	Beetroot Wrap with Crunchy veg, (200 kcal) with Vegetable with mint sauce ☀️🌱🚫🧠🛡️	Tapioca & Broccoli Mix with Lemon Vinaigrette (180 kcal) ☀️🌱🚫🌾🧠🛡️	Protein-Packed Chickpea Toss with butter garlic (18 kcal) 🥤🚫🌾👊
	Assorted cut fruit (150 kcal) 🌱 Vegan 🌱🚫🌾	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌾	Assorted cut fruit (150 kcal) 🌱🚫🌾	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌾	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free 🌱🚫🌾
ABLE MENU	Vegetable Upma (180 kcal) 🌱 Vegan 🌱🚫🌾	Fruit Yogurt (150 kcal) 🌱 Vegan 🚫🌾 Gluten-Free. Paired with Fresh Fruit of the Season 🥤🚫🌾	Multigrain Oats (180 kcal). Paired with Fresh Fruit 🌱🚫🌾	Tapioca Milk Pudding (180 kcal). Paired with Fresh Fruit of the Season 🥤🚫🌾	Boiled Chickpea Tossed with Lemon. Paired with Fresh Fruit of the Season ☀️🌱🚫🧠🛡️
SOUP	Veg / Non-Veg clear soup (100 kcal) 🌱🚫🌾	Veg. Rosted bell pepper (180 kcal) 🌱🚫🌾	Veg, Non-Veg. Tom yum soup (100 kcal)	Veg. Broccoli soup (100 kcal) 🚫🌾 Gluten-Free 🛡️ Immunity-Boosting 🛡️ Immunity-Boosting ☀️🌱🚫🌾🧠	Veg. Non Veg Hot & sour soup (100 kcal) 🚫🌾 Gluten-Free 🌱🚫🌾
LUNCH 🍴 Continental	- Grilled Chicken with Herb Tomato Gravy, - Lemon Garlic Tossed Vegetables 🚫🌾👊🛡️	- Whole Grain Veg. Pasta. 🌱 -Ratatouille Veg with Multi grain Garlic bread	-Thai green curry Veg / Non veg 🌱🚫🌾	- Baked Eggplant Lasagna with Tomato Herb Sauce 🚫🌾🧠👊	- Japanese Veg & Chicken Soba Noodles with Herbs 🌱🚫🌾
🍛 Indian	Slow-cooked Black Dal in Tomato Sauce 🌱🚫🌾👊	Yellow Daal, Aloo Baingan Dry Sabzi 🌱	- Kadhai Jackfruit 🌱🚫🌾	- Idli, Sambhar, (180 kcal) 🌱 Vegan ↓ Low-GI ↓ Low-GI. 🌱 🚫🌾 - veg. uttapam	Mixed Daal 🌱🚫🌾
🥗 Accompaniments	Steam Rice, Roti 🌱	Roti, Rice, (300 kcal)	Steam rice, Roti 🌱	Steam Rice 🌱🚫🌾	Steam rice, Roti (300 kcal)
SALADS	Fresh Green Salads (Chef's Choice) (180 kcal)	Fresh Green Salads (Chef's Choice) (180 kcal) 🌱🚫🌾	Fresh Green Salads (Chef's Choice) (180 kcal) 🌱🚫🌾	Fresh Green Salads (Chef's Choice) (180 kcal) 🌱🚫🌾	Fresh, Green Salads (Chef's Choice) (180 kcal) 🌱🚫🌾
DESSERTS	Apple pie (180 kcal) 🌾 Fiber-Rich 🌱 Fiber-Rich 🌱🚫🌾	Ragi Halwa (180 kcal) ☀️🌱🚫🌾	Pomegranate Kheer (180 kcal) 🌱🚫🌾	Choco-Date Mousse Cups 🌱🚫🌾	Gur Chana Bar 🌱🚫🌾
AFTERNOON SNACK Grade 1-5	Oats Cookies (180 kcal) 🌾 Fiber-Rich 🌱 Fiber-Rich 🌱🚫🌾	Falafel Balls 🌱🚫🌾	Vegetable Idli Bites 🌱🚫🌾	Cumin seeds Cookies 🌾 (180 kcal) 🌱🚫🌾	Mini Ragi Muffins (Savory/ Sweet) ☀️🌱🚫🧠

WEEK-3

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Grilled Vegetable Oats Bowl (180 kcal) 🌱 Vegan ↓ Low-GI ↓ Low-GI 🌱 🚫 🌾	Herbed Sweet Potato Cubes (Baked) (180 kcal) 🌱 🚫 🌾 🍌 🌞	Soft Veggie Poha Bowl (180 kcal) 🍌 🚫 🌾	Ragi Banana Pancake with Jaggery sauce (250 kcal) Fiber-Rich 🌞 🌱 🚫 🌾 🧠 🛡️	Cottage Cheese on Multigrain Toast (180 kcal) 🍌 🚫 🌾
	Assorted cut fruit (150 kcal) 🌱 Vegan Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Assorted cut fruit (150 kcal) 🌱 Vegan Gluten-Free 🌱 🚫 🌾
ABLE MENU	Whole wheat pan cake (180 kcal). Paired with Fresh Fruit of the Season 🌱	Steamed Vegetable with Sweet Potato (180 kcal) Vegan ↓ Low-GI ↓ Low-GI. Paired with Fresh Fruit of the Season 🌱 🚫 🌾 🌞	Fruit oats (150 kcal) 🌱 Vegan 🚫 🌾 Gluten-Free 🌾 Fiber-Rich 🌾 Fiber-Rich Paired with Fresh Fruit of the Season 🌱 🚫 🌾	Ragi Banana Pancake with Jaggery sauce Paired with Fresh Fruit of the Season 🌞 🌱 🚫 🧠 🛡️ 🌾	Apple Cinnamon Porridge (Low Sugar) (180 kcal) 🌾 Fiber-Rich 🌾 Fiber-Rich Ragi Banana Pancake with Jaggery sauce 🌞 🌱 🚫 🧠 🛡️
SOUP	Veg. Nonveg Thupka soup (100 kcal) 🚫 🌾 Gluten-Free 🚫 🌾	Veg. Potato Leeks soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg. Nonveg talumein soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg. Rosted Green Peas soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾	Veg / Non-Veg, Peking soup (100 kcal) 🚫 🌾 Gluten-Free 🌱 🚫 🌾
LUNCH 🍴 Continental	-Grilled Chicken in Arrabbiata Sauce, -Cajun-Roasted Seasonal Vegetables (180 kcal) 🚫 🌾 🍌	- Spinach-Corn Bake with Herbs	- Chicken Meatball with Ragu sauce (180 kcal) 🛡️ Immunity-Boosting 🛡️ Immunity-Boosting. -Vegetables in Ragu sauce 🍌 🚫 🌾	-Vegetable au Gratin 🚫 🌾 🍌	-Chicken & Vegetable Stir-Fry -Vegetable Stir-Fry
🍛 Indian	Rajma	- Veg. Kadi (300 kcal) 🚫 🌾 Gluten-Free. 🌱 🚫 🌾 - Aalu jeera (180 kcal) 🌱 🌞 🛡️	- Kadhai paneer (300 kcal) 🚫 🌾	- Matar curry	Spinach mixed daal 🌱 🌞 🛡️
🥗 Accompaniments	Steamed rice, Roti	Steam rice, Roti	Steam rice, Roti	Kulcha, Raita, Rice	with Steam Rice, Garlic Bread, Roti
SALADS	Fresh Green Salads (Chef Choice) (180 kcal) 🌱 🚫 🌾	Fresh Green Salads (Chef Choice) (180 kcal) 🌱 🚫 🌾	Fresh Green Salads (Chef Choice) (180 kcal) 🌱 🚫 🌾	Fresh Green Salads (Chef Choice) (180 kcal) 🌱 🚫 🌾	Fresh Green Salads (Chef Choice) (180 kcal) 🌱 🚫 🌾
DESSERTS	Chocolate chia pudding (180 kcal) 🌞 🌱 🚫 🌾 🧠	Semolina halwa (180 kcal) 🌱 🚫 🌾	Mango pudding (180 kcal) 🌱 🚫 🌾	Sabudana Kheer (180 kcal) 🌱 🚫 🌾	Kesari Semiya Kheer 🌱 🚫 🌾
AFTERNOON SNACK Grade 1-5	Ragi-Puffed Rice Balls 🌱 🚫 🌾 🌞	Fennel seeds cookies (180 kcal) 🌱 🚫 🌾	Peri Peri mathi (180 kcal) 🌱 🚫 🌾	Banana Oat Energy Balls 🌞 🌱 🚫 🧠 🌾	Basil Cookies (180 kcal) 🌞 🌱 🚫 🧠

WEEK-4

SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACKS	Stuffed Whole Wheat Pocket with Spinach & Corn (180 kcal)  Immunity-Boosting  Immunity-Boosting   	Ragi Paneer Chilla with mint chutney (180 kcal)  Fiber-Rich  Fiber-Rich   	Steamed Beetroot & carrot Idli with tomato chutney  Immunity-Boosting  Immunity-Boosting    	Vegetable Upma (180 kcal)  Vegan  Low-GI  Low-GI  	Fruit Millets Porridge (150 kcal)  Vegan  Gluten-Free  Fiber-Rich  Low-GI  Fiber-Rich  Low-GI  
	Assorted cut fruit (150 kcal)  Vegan  Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan  Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan  Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan  Gluten-Free  	Assorted cut fruit (150 kcal)  Vegan  Gluten-Free  
ABLE MENU	Boiled Corn Tossed in Garlic and lemon sauce s/w (180 kcal) Paired with Fresh Fruit of the Season   	Ragi Paneer Chilla with mint chutney (180 kcal) Fiber-Rich Paired with Fresh Fruit of the Season    	Steamed Beetroot & carrot Idli with tomato (180 kcal) Immunity-Boosting  Immunity-Boosting Paired with Fresh Fruit of the Season    	Vegetable Upma (180 kcal)  Vegan  Low-GI  Low-GI Paired with Fresh Fruit of the Season   	Fruit Millets Porridge (150 kcal)  Vegan  Gluten-Free  Fiber-Rich  Low-GI Paired with Fresh Fruit of the Season   
SOUP	Veg / Non-Veg, Manchow soup (100 kcal)  Gluten-Free  	Veg. Minestrone soup (100 kcal)  Gluten-Free  	Veg. Non-Veg Corn chowder (180 kcal)   	Veg. Cream of Broccoli (180 kcal)  Immunity-Boosting  Immunity-Boosting     	Veg. Non Veg Hot & sour soup   
LUNCH  Continental	-Veg / Non veg Biryani, (180 kcal)  Vegan  Low-GI  Low-GI  	-Vegetable in Plum sauces, Oven Baked potato (180 kcal)  Vegan  Low-GI  Low-GI  	-Sweet & Sour Grilled Chicken, -Sweet & Sour Vegetables Dal Palak  Immunity-Boosting  Immunity-Boosting   	-Grilled Chicken Veg Paella, -Veg Paella. -Steamed Greens with Lemon Zest    	-Diced Chicken in schezwan sauce, Garlic (180 kcal)   Veg. Dumpling in soya chilli sauce
 Indian	Dal Tadka	-Paneer makhani  	- Tossed masala bhindi (300 kcal)  Gluten-Free	-Dal tadka, (300 kcal)  Gluten-Free  Low-GI  Low-GI 	-Yellow Daal
 Accompaniments	Roti, Jeera Raita	Roti, Coriander Rice	Roti, Rice	Cucumber Mint Yogurt, Rice	Wheat Noodles, Steam rice
SALADS	Fresh Green Salads(Chef Choice) (180 kcal)   	Fresh Green Salads (Chef Choice) (180 kcal)   	Fresh Green Salads (Chef Choice) (180 kcal)   	Fresh Green Salads (Chef Choice) (180 kcal)   	Fresh Green Salads (Chef Choice) (180 kcal)   
DESSERTS	Multigrain Pineapple Pudding (180 kcal)  Fiber-Rich  Fiber-Rich  	Pineapple Sheera (180 kcal)  Fiber-Rich  Fiber-Rich  	Semiya kheer (180 kcal)  	Golden Sweet Potato Delight    	Ragi-Gur Fudge Squares    
AFTERNOON SNACK Grade 1-5	Wheat chocolate Cookies (180 kcal) 	Ragi-Gur sticks    	Namakpare (180 kcal)  	Oats Cookies (180 kcal)  Fiber-Rich  Fiber-Rich  	Sweet Potato & Coconut Bars 