preciousMoments PRESCHOOL

HALLOWEEN OCTOBER MENU

# OCTOBER KITCHEN AT PMP

Lunch • October 2026 | 11:45 am – 12:45 pm | San Jose • Sunnyvale • San Carlos

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | 1<br>Idli, lentil soup (sambhar), rice, yoghurt | 2<br>Vegetable curry, rice, chapati, yoghurt | 3 |
| 4 | 5<br>Sambhar (lentils with mixed vegetables), rice, idli (savory moon cakes), yoghurt, cucumber slices, fruit | 6<br>Pasta with vegetables, milk, steamed broccoli, yoghurt | 7<br>Multigrain puri, potato curry, rice, yoghurt | 8<br>Malai paneer (cheese in savory sauce), naan, rice, yoghurt, tomato slices | 9<br>Lentils, rice, broccoli, yoghurt, orange slices | 10 |
| 11 | 12<br>HOLIDAY | 13<br>Paneer tikka (roasted cheese cubes), rice, chapati, yoghurt, cucumber | 14<br>Cheese sandwich, lentil soup, rice, yoghurt | 15<br>Cheese pasta, steamed carrots, milk, yoghurt | 16<br>Roasted potatoes, rice, yoghurt, apple | 17 |
| 18 | 19<br>Fried rice, tofu, cucumber sticks, yoghurt | 20<br>Spinach lentils, rice, chapati, yoghurt | 21<br>Quesadilla, lentils, rice, yoghurt, pear | 22<br>Vegetable porridge with butter, yoghurt, steamed peas | 23<br>Bean lentil, rice, chapati, yoghurt, grapes | 24 |
| 25 | 26<br>Sambhar, rice, idli, yoghurt, banana | 27<br>Spaghetti noodles, vegetables, milk, yoghurt | 28<br>Lentil soup, rice, chapati, yoghurt, apple | 29<br>Shell pasta, cheese, yoghurt, pear slices | 30<br>Malai paneer, naan, rice, yoghurt, grapes | 31 |

Menu is subject to change without notice.
Fruits and vegetables are served with lunch. Dairy items such as yoghurt or milk are provided after lunch.

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# October 2026 Breakfast & Snack

Weekly menu | 8:45 am – 9:45 am | Repeats Monday through Friday

## MONDAY

Low fat cream cheese toast (½ slice), apple (2 slices), milk (½ cup)

OCTOBER WEEKDAYS

**5, 19, 26**

## TUESDAY

Cereal bar (½), orange (½), milk (½ cup)

OCTOBER WEEKDAYS

**6, 13, 20, 27**

## WEDNESDAY

Low fat cheese sticks (1), milk, pear (2 slices)

OCTOBER WEEKDAYS

**7, 14, 21, 28**

## THURSDAY

Cereal (½ cup), milk, seasonal fruit (½)

OCTOBER WEEKDAYS

**1, 8, 15, 22, 29**

## FRIDAY

English muffin/toast (low fat butter ½), banana (¼), milk (1 cup)

OCTOBER WEEKDAYS

**2, 9, 16, 23, 30**

October 12 is marked as a holiday on the lunch calendar; check with your campus for service that day.