



VIA VERITAS VITA

NEW YORK
ACADEMY

www.newyorkacademy.com



MENU

—SEPTEMBER 2026—



Day\Date	Breakfast	Lunch	Salad	Dessert
Tue, 1-Sept	Veg Paneer-Cheese Balls & Fresh Fruits Drink - Avocado Shake	Paneer Tikka Masala, Jeera Rice, Potato Fry, Spinach Dal, Curd Rice & Papad	Kachumber Salad	Millet Red Velvet Cookie
Wed, 2-Sept	Pongal with Groundnut Chutney & Boiled Eggs & Fresh Fruits Drink - Mango Shake	Green Chicken Thai Curry , Green Veg Thai Curry with Herb Rice, Bottle Gourd Dal, Steamed Rice & Curd Rice	Chana Chaat	Marble Brownie
Thu, 3-Sept	Millet Uttapam with Coconut Chutney & Fresh Fruits Drink - Plain Milk	Veg Hakka Noodles, Veg Manchurian Semi Gravy, Steamed Rice, Dal Fry & Curd Rice	Thai Chicken Salad	Oats Crumble Cake
Fri, 4-Sept	Beetroot Idli & Spinach Idli with Sambar & Groundnut Chutney & Fresh Fruits Drink - Banana Shake	Veg Dum Biryani, Non-Veg Dum Biryani , Mirchi ka Salan & Cucumber Raita	Green Salad	Payasam
Sat, 5-Sept	Holiday			
Sun, 6-Sept	Holiday			
Mon, 7-Sept	Wheat, Dates & Banana Pancake with Almond Butter & Fresh Fruits Drink - Dry Fruit Shake	Chicken Quesadilla , Veg Quesadilla, Steamed Rice, Dosakaya Pappu & Curd Rice	Grilled Veggies	Pineapple Pastry
Tue, 8-Sept	Mixed Veg Vermicelli Upma with Coconut & Groundnut Chutney, Boiled Eggs & Fresh Fruits Drink - Muskmelon Shake	Phulka with Kadai Veg, Dal, Steamed Rice, Curd Rice & Papad	Sautéed Corn, Carrot & Broccoli	Mango Panna Cotta (Less Added Sugar)
Wed, 9-Sept	Egg Sandwich & Veg Sandwich with Hunk Curd & Fresh Fruits Drink - Dates & Banana Shake	Chilli Chicken , Chilli Paneer with Veg Fried Rice, Amaranth Dal, Steamed Rice & Curd Rice	Caesar Salad	Fruit Custard
Thu, 10-Sept	Puffed Rice & Boiled Eggs & Fresh Fruits Drink - Dry Fruit Shake	Carrot Rice, Paneer Kurma, Beerakaya Pappu, Steamed Rice, Curd Rice & Papad	Chana Chaat	Ragi Red Velvet Cookies
Fri, 11-Sept	Bombay Rava Upma with Chutney, Boiled Eggs & Fresh Fruits Drink - Avocado Shake	Veg Dum Biryani, Non-Veg Dum Biryani , Mirchi ka Salan & Cucumber Raita	Green Salad	Payasam
Sat, 12-Sept	Holiday			
Sun, 13-Sept	Holiday			
Mon, 14-Sept	Millet Idli with Sambar & Coconut Chutney & Fresh Fruits Drink - Plain Milk	Veg & Non-Veg Fusilli Pasta with White Sauce, Mango Dal, Steamed Rice & Curd Rice	Quinoa Salad	Dark Chocolate Brownie
Tue, 15-Sept	Dosa with Chutney & Boiled Eggs & Fresh Fruits Drink - Mango Shake	Bisi Bele Bath, Veg Fry, Spinach Dal, Pulao, Curd Rice & Papad	Sautéed Corn & Peas Salad	Fruit Custard
Wed, 16-Sept	Whole Wheat Pav Bhaji & Fresh Fruits Drink - Apple Shake	Green Chicken Thai Curry & Green Veg Thai Curry with Herb Rice, Bottle Gourd Dal, Steamed Rice & Curd Rice	Greek Salad	Vanilla Choco Chip Cake
Thu, 17-Sept	Sambar Vada with Groundnut Chutney & Fresh Fruits Drink - Dates & Banana Shake	Veg Hakka Noodles, Veg Manchurian Semi Gravy, Steamed Rice, Dal Fry & Curd Rice	Russian Salad	Quinoa Jaggery Brownie
Fri, 18-Sept	Poha with Chutney & Boiled Eggs & Fresh Fruits Drink - Flavoured Milk	Veg Dum Biryani, Non-Veg Dum Biryani , Mirchi ka Salan & Cucumber Raita	Green Salad	Payasam
Sat, 19-Sept	Holiday			
Sun, 20-Sept	Holiday			
Mon, 21-Sept	French Toast with Raw Honey & Fresh Fruits Drink - Plain Milk	Chicken Quesadilla , Veg Quesadilla, Steamed Rice, Dosakaya Pappu & Curd Rice	Sautéed Asparagus & Broccoli	Pineapple Pastry
Tue, 22-Sept	Veg Cheese Balls & Fresh Fruits Drink - Strawberry Milk	Phulka with Kadai Veg, Pulao, Dal, Steamed Rice, Curd Rice & Papad	Kachumber Salad	Mango Panna Cotta (Less Added Sugar)
Wed, 23-Sept	Pongal with Groundnut Chutney & Boiled Eggs & Fresh Fruits Drink - Mango Shake	Chilli Chicken , Chilli Paneer with Veg Fried Rice, Amaranth Dal, Steamed Rice & Curd Rice	Chana Chaat	Fruit Custard
Thu, 24-Sept	Millet Uttapam with Groundnut Chutney & Fresh Fruits Drink - Chocolate Milk	Carrot Rice, Paneer Kurma, Beerakaya Pappu, Steamed Rice, Curd Rice & Papad	Thai Chicken Salad	Ragi Red Velvet Cookies
Fri, 25-Sept	Beetroot Idli & Spinach Idli with Sambar & Groundnut Chutney & Fresh Fruits Drink - Banana Shake	Veg Dum Biryani, Non-Veg Dum Biryani , Mirchi ka Salan & Cucumber Raita	Green Salad	Payasam
Sat, 26-Sept	Holiday			
Sun, 27-Sept	Holiday			
Mon, 28-Sept	Wheat, Dates & Banana Pancake with Almond Butter & Fresh Fruits Drink - Dry Fruit Shake	Grilled Chicken , Grilled Paneer, Yellow Dal, Steamed Rice & Curd Rice	Grilled Veggies	Dark Chocolate Brownie
Tue, 29-Sept	Mixed Veg Vermicelli Upma with Coconut & Groundnut Chutney & Fresh Fruits Drink - Muskmelon Shake	Palak Paneer, Mixed Veg Pulao, Sweet Potato Thalimpu, Tomato Dal, Steamed Rice, Curd Rice & Papad	Sautéed Corn, Carrot & Broccoli	Fruit Custard
Wed, 30-Sept	Egg Sandwich & Veg Sandwich with Hunk Curd & Fresh Fruits Drink - Dates & Banana Shake	Butter Chicken , Paneer Butter Masala, Bagara Rice, Yellow Dal, Steamed Rice & Curd Rice	Caesar Salad	Vanilla Choco Chip Cake



NOTE :- ON THE DAY OF PANCAKE OR EGG SANDWICH, VEG ITEMS WILL BE SERVED AS AN OPTION FOR VEGETARIANS.