



BM CONCEPT SCHOOL
LEARNING BEYOND CLASSROOM
BMCS is a Candidate School for IB PYP

October 2025 School Menu



Mon	Tue	Wed	Thu	Fri
30	31	1 Cluster Bean & Potato, Roti, Dal, Rice and Salad	2 Gandhi Jayanti	3 Self Meal
6 Potato Spinach, Roti, Dal, Rice and Salad	7 Pav Bhaji gulabjamun salad	8 Puri sabji	9 Spinach paneer Paratha Tomato ketchup	10 Self Meal
13 Dahi-bhindi, Roti, Dal, Rice and Salad	14 Kadhi Pakoda, Paratha, Papad and Salad	15 Surprise Meal & Diwali Special Meal	16 Idli Sambhar Chutney	17 Diwali Break Starts
20	21	22	23	24
27	28	29	30	31



Did you know?

From fiber-rich cluster beans and iron-packed palak to golden kernels of corn, every bite is filled with health, energy, and taste—helping our children grow stronger, sharper, and happier each day.



Our October menu brings buttermilk, bhindi, and a variety of green vegetables packed with essential vitamins, calcium, and fiber. 🥬🥕 These nutrient-rich foods improve digestion, strengthen bones, enhance immunity, and keep children energetic, focused, and healthy every day!

