

Circular No.07/2019-20

## Meal Plan – Nursery to Class II

Dear Parent

Here is the menu for the month of August to October 2019. Please follow it from 01.08.2019 to 31.10.2019

MONDAY	Recess	Cookies OR Home made Chips
	Lunch	Poha OR Vegetable Pasta
TUESDAY	Recess	Fruits (Seasonal)
	Lunch	Fried rice (tomato/ mix veg) OR Puri bhaji
WEDNESDAY	Recess	Fritters OR Carrot Sticks OR Cucumber Sticks
	Lunch	Veg Burger OR Chilla
THURSDAY	Recess	Pancakes OR Muffins
	Lunch	Cheese/ Veg. Sandwich
FRIDAY	Recess	Seasonal Fruits OR Nuts
	Lunch	Stuffed Paratha OR Veg rolls

\* Whoever wishes to send Non Veg or Egg in the Tiffin are free to do so.