

Circular No.14/2018-19

Meal Plan – Nursery to Class II

Dear Parent

Here is the menu for the month of December to March 2019. Please follow it from 01.12.2018 to 31.03.2019

Monday	Recess Lunch	Any seasonal fruit (Apple/Banana/Pear/Orange) Poha /Upma/Vermicili/Poori Bhaji
Tuesday	Recess Lunch	Salad which looks colourful with a balance of Green & Protein: Example: Cucumber+Boiled Chana+Boiled potato salad+Pomegranate Sprouted Moong+Cucumber+Tomato +Paneer Salad Mixed Veg.Pulav/Egg Pulav OR Besan Cheela
Wednesday	Recess Lunch	Any seasonal fruit/Mawa cake/Homemade cake Hung Curd sandwich OR Vegetable Tikki
Thursday	Recess Lunch	Fruit Salad/Fruit Chat/Flavoured Yoghurt Uttapam/Dosa/Idli OR Nuggets/Fritters
Friday	Recess Lunch	4 Biscuits+Nuts/Dates Stuffed Paratha (Aloo paratha/Mixed paratha/Dal paratha/Paneer paratha)