

Circular No.12/2018-19

Meal Plan – Nursery to Class II

Dear Parent

Here is the menu for the month of September to November 2018.
Please follow it from 01.09.2018 to 30.11.2018

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| MONDAY | Recess | Salad (Cucumber Sticks) |
| | Lunch | Poha OR Vegetable Pasta |
| TUESDAY | Recess | Fruits OR Flavoured Yoghurt |
| | Lunch | Fried rice (tomato/ mix veg/egg OR Puri bhaji) |
| WEDNESDAY | Recess | Fritters OR Carrot Sticks |
| | Lunch | Idli OR Dosa OR Dhokla |
| THURSDAY | Recess | Pancakes OR Fruits |
| | Lunch | Egg Sandwich OR Cheese/ Veg. Sandwich |
| FRIDAY | Recess | Seasonal Fruits OR Nuts |
| | Lunch | Stuffed Paratha OR Sabji Roti |