

**Modern Early Years**  
**Sector-2A/CC, Vasundhara, Ghaziabad**  
**For Classes Nursery, KG, P1 & P2**

Dear Parent,

The tiffin break in school is designed to help the children, inculcate a healthy eating habit as well as to enjoy eating whatever has been very painstakingly prepared for them by their loving and caring mothers. The meal menu is according to the festival and concepts taught during the month. So you are requested to keep the following in mind.

1. Kindly ensure that the portion of food is moderate.
2. On the days where chapatti /parantha is with dry vegetable, kindly send in the form of a roll.
3. The tiffin should have a plastic spoon, fork and napkin with it.
4. Wherever breads are mentioned, kindly use brown/multigrain bread.
5. Kindly send one fruit daily finely chopped in a separate box for the fruit break.

**CONCERNS STUDENTS OF NURSERY, K.G, P1 & P2 FOR THE MONTHS OF APRIL & MAY**

05.04.17	paneer stuffed parantha <b>(only for Nursery students)</b>
06.04.17	puri- aalo <b>(only for Nursery students)</b>
07.04.17	mix vegetables with parantha
10.04.17	choley-rice
11.04.17	veg. poha
12.04.17	veg. sandwich
13.04.17	favourite food of your child with some sweet
17.04.17	vermicelli with vegetables
18.04.17	idli with chutney
19.04.17	kadi-rice
20.04.17	veg. cutlets
21.04.17	potato with parantha
24.04.17	paneer bhurji with chappati
25.04.17	bread roll with some sweet
26.04.17	ladyfinger with parantha
27.04.17	stuffed- aalo parantha
28.04.17	veg. biryani with some sweet

01.05.17	nutrela granules with vegetables and chapatti
02.05.17	veg. upma
03.05.17	rajma- rice
04.05.17	veg. macaroni/ pasta
05.05.17	bread pakora
08.05.17	corn & spinach with chappati
09.05.17	veg.macaroni/pasta
11.05.17	vegetable-besan chilla
12.05.17	favourite food of your child