



THE MODERN SCHOOL — GHAZIABAD —

The Modern School Plot No.340, 341/2, Morta, Raj Nagar Extension, Ghaziabad Meal Plan For Classes Nursery – P1

Dear Parents,

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.

At The Modern School, we give utmost importance to healthy food and the in-house menu is designed to provide nutritional balance to children.

1. Kindly ensure that the portion of food is moderate.
2. On the days where chapatti/paratha is with dry vegetable, kindly send in the form of 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.

DATE	MENU FOR THE DAY
03.07.2017	Vegetable Poha with some sweet
04.07.2017	Masala Idli with chutney
05.07.2017	Aloo or Vegetable Sandwitch with ketchup
06.07.2017	Puri Aloo ki sabzi
07.07.2017	Lady finger with Paratha
10.07.2017	Mixed Vegetable Tikki Burger with ketchup
11.07.2017	Rajma Rice
12.07.2017	Vegetable macaroni or pasta
13.07.2017	Besan Chila with stuffing
14.07.2017	Vermicelli with mixed vegetables
17.07.2017	Pav Bhaaji
18.07.2017	Chole and Puri
19.07.2017	Favorite food of child with some sweet
20.07.2017	Mix vegetable with chapatti
21.07.2017	Paneer sabzi with chapatti
24.07.2017	Pan Cake with chutney
25.07.2017	Vegetable Cutlet with ketchup
26.07.2017	Bread Pakora with chutney (stuffed with mixed vegetable)
27.07.2017	Pulao or vegetable Biryani
28.07.2017	Soya nutrela vegetable with Paratha
31.07.2017	Aloo Paratha with Jam or Ketchup