

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 pain stakingly 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.

CONCERN STUDENTS OF NUR. K.G ,P1 & P2 FOR THE MONTH OF JULY 2017

03.07.17	aalo stuffed parantha
04.07.17	veg. poha
05.07.17	aalo puri
06.07.17	veg. sandwich
07.07.17	potato & spinach with chappati
10.07.17	veg. sandwich
11.07.17	idli with chutney
12.07.17	vermicelli with vegetables
13.07.17	veg. macaroni/pasta
14.07.17	potato with parantha
17.07.17	veg. cutlets
18.07.17	bread roll with some sweet
19.07.17	ladyfinger with parantha
20.07.17	Paneer bhurji with chappati
21.07.17	veg. biryani
24.07.17	spinach & corn with parantha

25.07.17	choley with rice
26.07.17	nutrela granules with vegetables and chapatti
27.07.17	veg. upma
28.07.17	rajma rice
31.07.17	capsicum & potato with chappati