

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.

CONCERN STUDENTS OF NURSERY, K.G, P1 & P2 FOR THE MONTH OF SEPTEMBER

01.09.17	veg. biryani with some sweet
04.09.17	veg. macaroni /pasta
05.09.17	favourite food of your child
06.09.17	idli with chutney
07.09.17	palak paneer with chapati
08.09.17	rajma rice
11.09.17	puri aaloo
12.09.17	cauliflower stuffed parantha
13.09.17	veg. poha
14.09.17	rajma rice
15.06.17	nutrela granules (vegetable) and chapati
18.09.17	veg. pasta/macaroni
19.09.17	mix vegetable with chapati
20.09.17	bread roll
21.09.17	vermicelli with vegetables
22.09.17	aloo stuffed parantha
25.09.17	veg. cutlets
26.09.17	paneer bhurji with chapati
27.09.17	favourite food of your child with some sweet