

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 NUR. K.G ,P1 & P2 FOR THE MONTH OF AUGUST 2017

01.08.17	veg. biryani
02.08.17	vermicelli with vegetables
03.08.17	aalo puri
04.08.17	favourite food of a child with some sweet
08.08.17	ladyfinger with parantha
09.08.17	bread roll with some sweet
10.08.17	veg. poha
11.08.17	veg. macaroni/pasta
16.08.17	idli with chutney
17.08.17	veg. sandwich
18.08.17	Paneer bhurji with chappati
21.08.17	aalo stuffed parantha
22.08.17	spinach & corn with parantha
23.08.17	choley with rice
24.08.17	nutrela granules with vegetables and chapatti
25.08.17	veg.upma
28.08.17	rajma rice
29.08.17	capsicum & potato with chappati
30.08.17	potato & spinach with chappati
31.08.17	veg. cutlets