

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 OCTOBER, 2017

03.10.17	potato & peas with parantha
04.10.17	veg. macaroni /pasta
06.10.17	veg. sandwich
09.10.17	idli with chutney
10.10.17	puri with paneer bhurji
11.10.17	veg. biryani
12.10.17	veg. poha
13.10.17	paneer & peas with chapatti
16.10.17	mix vegetables with chapatti
17.10.17	favourite food of your child with some sweet
23.10.17	veg. cutlets
24.10.17	spinach & paneer with chapatti
25.10.17	vermicelli with corn & vegetables
26.10.17	spinach & potato with parantha
27.10.17	paneer bhurji with chappati
30.10.17	rajma rice
31.10.17	bread roll with some sweet