



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
01.09.2017	Masala Idli with chutney
04.09.2017	Vegetable macaroni or pasta
05.09.2017	Bread Pakoda with mixed vegetable stuffing
06.09.2017	Besan Chila with ketchup
07.09.2017	Bread butter with Veg Cutlet
08.09.2017	Aloo bonda with chutney
11 .09.2017	Chole Kulcha
12.09.2017	Mixed vegetable Tikki Burger with ketchup
13.09.2017	Pav-Bhaji with Salad
14.09.2017	Soya chunks sabzi with Paratha /Chapati
15.09.2017	Paneer sabzi with Chapati
18.09.2017	Vermicelli with mixed vegetables (capsicum/peas/carrot)
19.09.2017	Veg Poha
20.09.2017	Matar Paneer with Chapati
21.09.2017	Aloo or Gobhi Paratha with curd or chutney
22.09.2017	Favourite food of child with some sweets
25.09.2017	Vegetable Sandwich
26.09.2017	Poori Aloo
27.09.2017	Chapati with any seasonal vegetable