



**The Modern School**  
**Raj Nagar Extension, Ghaziabad**  
**Meal Plan For Classes Nursery – P1**

**APRIL-MAY**

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.

<b>DATE</b>	<b>MENU FOR THE DAY</b>
02.04.2018	Stuffed Paneer Parantha
03.04.2018	Bread Pizza (onion, tomato, cheese, corn)
04.04.2018	Puri with aloo ki sabji
05.04.2018	Fried Idli with Ketchup
06.04.2018	Vegetable Besan Chila
09.04.2018	Kadi rice
10.04.2018	Choley with Puri
11.04.2018	Vegetable Poha
12.04.2018	Pinwheel Sandwich
13.04.2018	<b>Favourite food of the child with some sweet</b>
16.04.2018	Vegetable Biryani with some sweet
17.04.2018	Vegetable Sandwich with ketchup
18.04.2018	Ladyfinger with parantha
19.04.2018	Bread roll with ketchup and some sweet
20.04.2018	Rajma rice
23.04.2018	Onion tomato uttapam with tomato /coconut chutney
24.04.2018	Mushroom vegetable with Parantha
25.04.2018	Mixed vegetable cutlet with ketchup
26.04.2018	Vegetable macroni/pasta
27.04.2018	Stuffed aloo parantha with curd
1.05.2018	Vegetable upma
2.05.2018	Bread pakora with ketchup
3.05.2018	Paneer bhurji with chapatti

4.05.2018	Vegetable burger with a slice of cake
7.05.2018	Nutrela granules with parantha
8.05.2018	Grill sandwich with ketchup
9.05.2018	Vegetable kathi roll
10.05.2018	Vermicelli with vegetables
11.05.2018	<b>Favourite food of the child with some sweet</b>