



# THE MODERN SCHOOL

## — GHAZIABAD —

**The Modern School**  
**Plot No.340, 341/2, Morta, Raj Nagar Extension, Ghaziabad**  
**Meal Plan for Classes Nursery – P1**

**JULY**

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/parantha 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
02.07.2018	Aloo Paratha With Jam or ketchup
03.07.2018	Vegetable poha with some sweet
04.07.2018	Soya vegetable with paratha
05.07.2018	Fried idli with chutney
06.07.2018	Aloo or vegetable sandwich with ketchup
09.07.2018	Bread pakora with chutney (stuffed with mixed vegetable
10.07.2018	Ladyfinger with paratha
11.07.2018	Vegetable uttapam with chutney or ketchup
12.07.2018	Vegetable pasta or macroni
13.07.2018	Favorite food of the child with some sweet

16.07.2018	Vermicelli with mixed vegetable
17.07.2018	Rajma and rice
18.07.2018	Besan chila with stuffing
19.07.2018	Paneer sabzi with paratha
20.07.2018	Pav bhaji
23.07.2018	Mixed vegetable tikki burger with ketchup
24.07.2018	Aloo ki sabzi and puri
25.07.2018	Pulao or vegetable biryani
26.07.2018	Cheese sandwich with ketchup
27.07.2018	Vegetable kathi roll
30.07.2018	Chole puri
31.07.2018	Vegetable cutlet with ketchup