



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

AUGUST

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
01.08.2018	Stuffed Parantha with chutney
02.08.2018	Veg Poha (potato, groundnut , etc)
03.08.2018	Paneer sandwich with Ketchup
06.08.2018	Vegetable Noodles(carrot,spring onion, capsicum)
07.08.2018	Aloo parantha with curd
08.08.2018	Vegetable Cutlet with Ketchup
09.08.2018	Fried Idli with coconut chutney
10.08.2018	Pav Bhaji with salad
13.08.2018	Vegetable Vermicelli
14.08.2018	Tricolour Sandwich with Ketchup
16.08.2018	Vegetable Pulao (Green peas, cauliflower, carrot)
17.08.2018	Chole bhature/ puri
20.08.2018	Besan Chilla with chutney
22.08.2018	Rajma and Rice
23.08.2018	Vegetable Pasta (Spring onion,capsicum,carrot)
24.08.2018	Favourite food of the child with some sweet
27.08.2018	Sprouts with French Fries and ketchup
28.08.2018	Matar Kulcha
29.08.2018	Vegetable Sandwich with ketchup and some sweet
30.08.2018	Aloo ki sabji and puri
31.08.2018	Mushroom vegetable with Paratha