

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 SEPTEMBER 2018

04.09.18	vegetable biryani with some sweet
05.09.18	favourite food of your child
06.09.18	moong dal chila
07.09.18	idli with chutney
10.09.18	palak paneer with chapati
11.09.18	rajma rice
12.09.18	puri aloo
13.09.18	onion stuffed parantha
14.09.18	vegetable poha
17.09.18	ladyfinger with parantha
18.09.18	nutrela granules with vegetables and chapati
19.09.18	vegetable pasta/macaroni
20.09.18	mix vegetable with chapati
24.09.18	bread roll with some sweet
25.09.18	vermicelli with vegetables
26.09.18	aloo stuffed parantha
27.09.18	vegetable cutlet
28.09.18	paneer bhurji with chapati