

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 NOVEMBER, 2018

01.11.18	vermicelli with mix vegetables
02.11.18	bread roll with some sweet
12.11.18	veg. biryani
13.11.18	paneer bhurji with parantha
14.11.18	favourite food of your child
15.11.18	veg. sandwich
16.11.18	potato and peas with parantha
19.11.18	idli with chutney
20.11.18	potato stuffed parantha
22.11.18	fenugreek (methi) stuffed parantha
26.11.18	veg. poha
27.11.18	aloo-puri
28.11.18	carrot and peas with parantha
29.11.18	veg. cutlets
30.11.18	veg. macaroni/pasta