

**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 OCTOBER, 2018**

01.10.18	potato & peas with parantha
03.10.18	veg. macaroni /pasta
04.10.18	paneer bhurji with puri
05.10.18	veg. sandwich
08.10.18	veg. biryani/pulao
09.10.18	choley rice
10.10.18	idli with chutney
11.10.18	veg. poha
12.10.18	paneer & peas with chapatti
15.10.18	mix vegetables with chapatti
16.10.18	favourite food of your child with some sweet
22.10.18	veg. cutlets with tomato sauce
23.10.18	spinach & paneer with chapatti
25.10.18	vermicelli with vegetables
26.10.18	rajma rice
29.10.18	besan/moong daal chilla
30.10.18	onion stuffed parantha
31.10.18	bread roll with some sweet