

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 DECEMBER, 2018

03.12.18	veg. cutlets
04.12.18	paneer bhurji with parantha
05.12.18	veg. sandwich
06.12.18	potato stuffed parantha with pickle or jam
07.12.18	veg. poha
10.12.18	veg. biryani
11.12.18	besan/moong daal chilla
12.12.18	potato and peas with parantha
13.12.18	bread roll with some sweet
14.12.18	fenugreek (methi) parantha with pickle or jam
17.12.18	spinach & paneer with chapatti
18.12.18	aloo-puri
19.12.18	veg. uttapam with chutney
20.12.18	vermicelli with mix vegetables
21.12.18	veg. fritters (pakodas) with chutney
24.12.18	veg. macaroni/pasta with a muffin or a cake
26.12.18	choley rice
27.12.18	paneer stuffed parantha with pickle or jam
28.12.18	plain or stuffed veg. idli with chutney

