

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 chapati /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 FEBRUARY 2019

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| 01.02.19 | aalo stuffed parantha |
| 04.02.19 | veg. poha |
| 05.02.19 | capsicum & potato with chapati |
| 06.02.19 | veg. sandwich |
| 07.02.19 | potato & green peas/carrot with chapati |
| 08.02.19 | bread roll with any yellow coloured sweet |
| 11.02.19 | idli with chutney |
| 12.02.19 | vermicelli with vegetables |
| 13.02.19 | mix veg. with chapati/parantha |
| 14.02.19 | mini uttapam & sauce of their choice |
| 15.02.19 | methi parantha |
| 18.02.19 | veg. cutlets |
| 19.02.19 | onion stuffed parantha with semolina halwa |
| 20.02.19 | rajma-rice |
| 21.02.19 | paneer bhurji with chapati |
| 22.02.19 | veg. biryani |
| 25.02.19 | spinach & corn with parantha |
| 26.02.19 | choley-rice |
| 27.02.19 | nutrela granules with vegetables and chapati |
| 28.02.19 | veg. upma |