

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.

CONCERNS STUDENTS OF NUR. K.G, P1& P2 FOR THE MONTH OF JANUARY, 2019

14.01.19	aalo-puri with suji-halwa
15.01.19	potato & spinach with chapati
16.01.19	methi parantha
17.01.19	veg. upma
18.01.19	potato-stuffed parantha
21.01.19	rajma-rice
22.01.19	paneer/bread pakora with sauce of their choice
23.01.19	capsicum & potato with chapati
24.01.19	bread roll with some sweet
25.01.19	vermicelli with vegetables
28.01.19	pav-bhaji
29.01.19	veg. poha
30.01.19	paneer besan chilla
31.01.19	chole-rice