

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 NURSERY,K.G,P1& P2 FOR THE MONTH OF MARCH 2019

01.03.19	paneer bhurji with chapati
05.03.19	veg. macaroni /pasta
06.03.19	veg. pulao
07.03.19	idli with chutney
08.03.19	palak-paneer with chapati
11.03.19	veg. cutlets
12.03.19	aaloo-puri with some sweet
13.03.19	cauliflower stuffed parantha
14.03.19	rajma rice
15.03.19	aloo stuffed parantha with tomato sauce
18.03.19	veg. poha
19.03.19	favourite food of your child with sweet (gujiya)
20.03.19	mix vegetable with chapati
22.03.19	bread roll with tomato sauce