



ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF APRIL-MAY 2023

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| MONDAY | 3.4.23 Party Snacks | 10.4.23 Stuffed Parantha + Fruit | 17.4.23 Idli Sambar /chutney + Fruit | 24.4.23 Veg. Poha + Fruit | 1.5.23 Veg. Vermicelli + Fruit | 8.5.23 Sandwich + Fruit |
| TUESDAY | 4.4.23 HOLIDAY | 11.4.23 Lunch of your choice | 18.4.23 Lunch of your choice | 25.4.23 Lunch of your choice | 2.5.23 Lunch of your choice | 9.5.23 Lunch of your choice |
| WEDNESDAY | 5.4.23 Chapati + Green Vegetable + Fruit | 12.4.23 Veg. Cheela / Pancake + Fruit | 19.4.23 Chapati + Green Vegetable + Fruit | 26.4.23 Stuffed Parantha + Fruit | 3.5.23 Veg. Sandwich + Fruit | 10.5.23 Chapati + Vegetable + Fruit |
| THURSDAY | 6.4.23 HOLIDAY | 13.4.23 Lunch of your choice | 20.4.23 Lunch of your choice | 27.4.23 Lunch of your choice | 4.5.23 Lunch of your choice | 11.5.23 Lunch of your choice |
| FRIDAY | 7.4.23 HOLIDAY | 14.4.23 Veg. Sandwich + Fruit | 21.4.23 Cholle with Rice + Fruit | 28.4.23 Veg. Pulao + Fruit | 5.5.23 HOLIDAY | 12.5.23 Rajma with Rice + Fruit |



AIM: MEAL PLANNER IS PROVIDED TO INCULCATE HEALTHY EATING HABIT AND VALUE OF NUTRITIOUS FOOD IN THE STUDENTS.

PLEASE NOTE WE DON'T ENCOURAGE PACKED OR FROZEN FOOD LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

