

ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF FEBRUARY 2025

MONDAY	3.2.25 Bread roll + Fruit	10.2.25 Oats/Poha + Fruit	17.2.25 Besan Cheela / Pancake + Fruit	24.2.25 Idli /Dosa+ Chutney + Any Fruit
TUESDAY	4.2.25 Lunch of your choice	11.2.25 Lunch of your choice	18.2.25 Lunch of your choice	25.2.25 Lunch of your choice
WEDNESDAY	5.2.25 Green vegetable + Chapati	12.2.25 Paneer + Chapati	19.2.25 Vegetable Sandwich + Fruit	26.2.25 MAHA SHIVRATRI
THURSDAY	6.2.25 Lunch of your choice	13.2.25 Lunch of your choice	20.2.25 Lunch of your choice	27.2.25 Lunch of your choice
FRIDAY	7.2.25 Rajma Rice + Fruit	14.2.25 Stuffed Paratha + Fruit	21.2.25 Fried Rice / Veg Pulao	28.2.25 Vegetable Vermicelli + 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 SUCH AS KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.**