

ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF JANUARY 2024

MONDAY	1.1.24 – 14.1.24 WINTER BREAK	15.1.24 Stuffed Parantha + Fruit	22.1.24 Oats uttapam + Coconut chutney	29.1.24 Rajma Curry + Rice
TUESDAY		16.1.24 Lunch of your choice	23.1.24 Lunch of your choice	30.1.24 Lunch of your choice
WEDNESDAY		17.1.24 HOLIDAY	24.1.24 Tri-colour food Snack	31.1.24 Peas poha + Fruit
THURSDAY		18.1.24 Lunch of your choice	25.1.24 HOLIDAY	1.2.24 Lunch of your choice
FRIDAY		19.1.24 Paneer bhurji chapati	26.1.24 HOLIDAY	2.2.24 Green Veg + Chapati

AIM: MEAL PLANNER IS PROVIDED TO INCULCATE HEALTHY EATING HABIT AND VALUE OF NUTRITIOUS FOOD AMONG THE STUDENTS. PLEASE NOTE WE DON'T ENCOURAGE PACKED OR FROZEN FOOD SUCH AS KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

