

ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF OCTOBER 2024

MONDAY		7.10.24 Bread roll + Fruit	14.10.24 Rava Idli /chutney + Fruit	21.10.24 Chapati + Vegetable + Fruit	28.10.24 Vegetable Sandwich
TUESDAY	1.10.24 Dal Paratha	8.10.24 Lunch of your choice	15.10.24 Lunch of your choice	22.10.24 Lunch of your choice	29.10.24 Party Snacks
WEDNESDAY	2.10.24 HOLIDAY	9.10.24 Puri Aloo + Any Sweet	16.10.24 Chapati + Green Vegetable + Fruit	23.10.24 Homemade Burger + Fruit	
THURSDAY	3.10.24 Lunch of your choice	10.10.24 Lunch of your choice	17.10.24 HOLIDAY	24.10.24 Lunch of your choice	
FRIDAY	4.10.24 Rajma with Rice + Fruit	11.10.24 HOLIDAY	18.10.24 Stuffed Paratha + Fruit	25.10.24 HOLIDAY	

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.

