

ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF NOVEMBER 2023

MONDAY		6.11.23 Oats/Poha + Fruit	13.11.23 HOLIDAY	20.11.23 Idli /Dosa Sambar + Fruit	27.11.23 HOLIDAY
TUESDAY		7.11.23 Lunch of your choice	14.11.23 Lunch of your choice	21.11.23 Lunch of your choice	28.11.23 Lunch of your choice
WEDNESDAY	1.11.23 Green vegetable + Chapati	8.11.23 Vegetable Sandwich + Fruit	15.11.23 HOLIDAY	22.11.23 Paneer + Chapati	29.11.23 Besan Cheela / Pancake + Fruit
THURSDAY	2.11.23 Lunch of your choice	9.11.23 Lunch of your choice	16.11.23 Lunch of your choice	23.11.23 Lunch of your choice	30.11.23 Lunch of your choice
FRIDAY	3.11.23 Rajma Rice + Fruit	10.11.23 Party snacks	17.11.23 Fried Rice / Veg Pulao	24.11.23 HOLIDAY	

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.

