



ST. THOMAS KINDERGARTEN MEAL PLANNER FOR THE MONTH OF APRIL-MAY 2024

MONDAY		8.4.24 Stuffed Parantha + Fruit	15.4.24 Idli Sambar /chutney + Fruit	22.4.24 Veg. Poha + Fruit	29.4.24 Veg. Vermicelli + Fruit	6.5.24 Sandwich + Fruit
TUESDAY		9.4.24 Lunch of your choice	16.4.24 Lunch of your choice	23.4.24 Lunch of your choice	30.4.24 Lunch of your choice	7.5.24 Lunch of your choice
WEDNESDAY	3.4.24 Party Snacks	10.4.24 Veg. Cheela / Pancake + Fruit	17.4.24 HOLIDAY	24.4.24 Stuffed Parantha + Fruit	1.5.24 Veg. Sandwich + Fruit	8.5.24 Rajma with Rice + Fruit
THURSDAY	4.4.24 Lunch of your choice	11.4.24 Lunch of your choice	18.4.24 Lunch of your choice	25.4.24 Lunch of your choice	2.5.24 Lunch of your choice	9.5.24 Lunch of your choice
FRIDAY	5.4.24 Chapati + Green Vegetable + Fruit	12.4.24 Veg. Sandwich + Fruit	19.4.24 Chole with Rice + Fruit	26.4.24 Veg. Pulao + Fruit	3.5.24 Chapati + Green Vegetable + Fruit	10.5.24 Party Food

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.