

ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF NOVEMBER 2024

MONDAY	4.11.24 Besan Cheela + Fruit	11.11.24 Chapatti + Any Green Vegetable + Fruit	18.11.24 Veg. Sandwich + Fruit	25.11.24 Veg. Roll + Fruit
TUESDAY	5.11.24 Lunch of your choice	12.11.24 Lunch of your choice	19.11.24 Lunch of your choice	26.11.24 Lunch of your choice
WEDNESDAY	6.11.24 Homemade Burger + Fruit	13.11.24 Veg. pulao + Fruit	20.11.24 Chapatti + Vegetable + Fruit	27.11.24 Idli Sambar/chutney + Fruit
THURSDAY	7.11.24 HOLIDAY	14.11.24 Party Snacks	21.11.24 Lunch of your choice	28.11.24 Lunch of your choice
FRIDAY	8.11.24 Dal with Rice + Fruit	15.11.24 HOLIDAY	22.11.24 Bread Pakora + Fruit	29.11.24 Rajma rice + 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 LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.