


ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF JULY 2024

MONDAY	1.7.24 Stuffed Parantha + Fruit	8.7.24 Veg. Sandwich + Fruit	15.7.24 Cheela / Pancakes + Fruit	22.7.24 Pao Bhaji + Fruit	29.7.24 Chapatti + Vegetable + Fruit
TUESDAY	2.7.24 Lunch of your choice	9.7.24 Lunch of your choice	16.7.24 Lunch of your choice	23.7.24 Lunch of your choice	30.7.24 Lunch of your choice
WEDNESDAY	3.7.24 Veg. Poha + Fruit	10.7.24 Chapatti + Any Green Vegetable + Fruit	17.7.24 HOLIDAY	24.7.24 Chapatti + Vegetable + Fruit	31.7.24 Bread Pakora + Fruit
THURSDAY	4.7.24 Lunch of your choice	11.7.24 Lunch of your choice	18.7.24 Lunch of your choice	25.7.24 Lunch of your choice	
FRIDAY	5.7.24 Rajma Rice + Fruit	12.7.24 Veg Pulao + Fruit	19.7.24 Daal with Rice + Fruit	26.7.24 Stuffed Parantha + 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.