

**ST. THOMAS KINDERGARTEN**  
**MEAL PLANNER FOR THE MONTH OF SEPTEMBER 2023**

<b>MONDAY</b>		<b>4.9.23</b> Cheela / Pancakes + Fruit	<b>11.9.23</b> Idli Sambar/chutney + Fruit	<b>18.9.23</b> Chapatti + Vegetable + Fruit	<b>25.9.23</b> Fried Rice / Veg Pulao
<b>TUESDAY</b>		<b>5.9.23</b> Party snacks	<b>12.9.23</b> Lunch of your choice	<b>19.9.23</b> Lunch of your choice	<b>26.9.23</b> Lunch of your choice
<b>WEDNESDAY</b>		<b>6.9.23</b> Chapatti + Any Green Vegetable + Fruit	<b>13.9.23</b> Veg. Poha + Fruit	<b>20.9.23</b> Stuffed Parantha + Fruit	<b>27.9.23</b> Vegetable Sandwich
<b>THURSDAY</b>		<b>7.9.23</b> HOLIDAY	<b>14.9.23</b> Lunch of your choice	<b>21.9.23</b> Lunch of your choice	<b>28.9.23</b> HOLIDAY
<b>FRIDAY</b>		<b>1.9.23</b> Rajma with Rice + Fruit	<b>8.9.23</b> Veg Sandwich + Fruit	<b>15.9.23</b> Chapatti + Green Vegetable + Fruit	<b>22.9.23</b> Vegetable Pasta + Fruit
					<b>29.9.23</b> Puri + Aloo

**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 LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.**