

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

MONDAY	3.7.23 Bread roll + Fruit	10.7.23 Veg. Cheela / Pancake + Fruit	17.7.23 Veg. Vermicelli + Fruit	24.7.23 Veg. Poha + Fruit	31.7.23 Idli/Dosa with chutney + Fruit
TUESDAY	4.7.23 Lunch of your choice	11.7.23 Lunch of your choice	18.7.23 Lunch of your choice	25.7.23 Lunch of your choice	
WEDNESDAY	5.7.23 Chapati + Green Vegetable + Fruit	12.7.23 Stuffed Paratha + Fruit	19.7.23 Chapati + Green Vegetable + Fruit	26.7.23 Stuffed Paratha + Fruit	
THURSDAY	6.7.23 Lunch of your choice	13.7.23 Lunch of your choice	20.7.23 Lunch of your choice	27.7.23 Lunch of your choice	
FRIDAY	7.7.23 Dal Paratha + Curd + Fruit	14.7.23 Veg. Sandwich + Fruit	21.7.23 Rajma with Rice + Fruit	28.7.23 Veg. Pulao + 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.