

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

MONDAY		4.12.23 Pao Bhaji	11.12.23 Green vegetable + Chapati	18.12.23 Mix veg paratha + Fruit	25.12.23 HOLIDAY
TUESDAY		5.12.23 Lunch of your choice	12.12.23 Lunch of your choice	19.12.23 Lunch of your choice	26.12.23 Lunch of your choice
WEDNESDAY		6.12.23 Aloo paratha + Fruit	13.12.23 Masala idli with green chutney + Fruit	20.12.23 Vegetable Sandwich + Fruit	27.12.23 Paneer Mix veg.+ Chapati
THURSDAY		7.12.23 Lunch of your choice	14.12.23 Lunch of your choice	21.12.23 Lunch of your choice	28.12.23 Lunch of your choice
FRIDAY		1.12.23 Chana Rice + Fruit	8.12.23 Fried Rice / Veg Pulao	15.12.23 Home-made Burger	22.12.23 Vermicelli + Fruit
				29.12.23 Party snacks	

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 SUCH AS KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

