

ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF OCTOBER 2023

MONDAY	2.10.23 HOLIDAY	9.10.23 Dal Parantha	16.10.23 Party snacks	23.10.23 HOLIDAY	30.10.23 Idli/Dosa Sambar + Fruit
TUESDAY	3.10.23 Lunch of your choice	10.10.23 Lunch of your choice	17.10.23 Lunch of your choice	24.10.23 HOLIDAY	31.10.23 HOLIDAY
WEDNESDAY	4.10.23 Besan Cheela / Pancake + Fruit	11.10.23 Bread Roll	18.10.23 Seasonal Green Vegetable with Chapati	25.10.23 Vegetable Sandwich + Fruit	
THURSDAY	5.10.23 Lunch of your choice	12.10.23 Lunch of your choice	19.10.23 Lunch of your choice	26.10.23 Lunch of your choice	
FRIDAY	6.10.23 Black Channa Rice + Fruit	13.10.23 Paneer + Chapati	20.10.23 Chole puri + Fruit	27.10.23 Soya Nugget Pulao	

**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.**

