





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

MONDAY		7.8.23 Chapatti + Any Green Vegetable + Fruit	14.8.23 Tri-colour food	21.8.23 Cheese Toast + Fruit	28.8.23 Pao Bhaji + Fruit
TUESDAY	1.8.23 Lunch of your choice	8.8.23 Lunch of your choice	15.8.23  HOLIDAY	22.8.23 Lunch of your choice	29.8.23 Lunch of your choice
WEDNESDAY	2.8.23 Homemade Burger + Fruit	9.8.23 Veg. pulao + Fruit	16.8.23 Besan Cheela + Fruit	23.8.23 Idli Sambar/chutney + Fruit	30.8.23 Chapatti + Vegetable + Fruit
THURSDAY	3.8.23 Lunch of your choice	10.8.23 Lunch of your choice	17.8.23 Lunch of your choice	24.8.23 Lunch of your choice	31.8.23  HOLIDAY
FRIDAY	4.8.23 Dal with Rice + Fruit	11.8.23 Poori-Potatoes + any sweet + Fruit	18.8.23 Bread Pakora + Fruit	25.8.23 Rajma rice + Fruit	

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.