

# Health Fiesta®

Craft Your Health

As a part of the **Nutritional Monitoring Program** a Tiffin plan is provided to you for the period of April to October. We suggest that you try to give the below mentioned items in the Tiffin Box.

## MEAL PLAN FOR APRIL TO OCTOBER (PRE PRIMARY SECTION)

WEEK DAY	FRUITS	BREAK
MONDAY	1 small bowl of Banana / Mango / Water Melon / Musk Melon /	Chapati Subji / Idli Sambhar Chatni / Iddyappum with veg inside Whole Wheat Bread Vegetable Sandwich
TUESDAY	Papaya / Chicku/ Pine Apple/ Cherries /	Puran Poli / Multi grain Bhakri / Thlipeeth / Mix Veg Masala Dosa Or Mix Dal - Oats Dosa with sambhar / Pav Or Paratha Bhaji
WEDNESDAY	Plums / Kiwi/ Apricots/ Dragon fruit  AND	Moong Dal Or Besan Chilla (With Onion, Tomato, Capsicum, Carrot) / Pita Bread or Veggie sticks with Hummus / Chole Paratha Or Roti / Moong Roti
THURSDAY	Roasted Chana /Peanuts / 5 Almonds / 2-3 Figs 3-5 Walnuts /	Veg. Upma Or Chana Shira / Vegetable Puha / Veg. Stuffed Paratha / Paneer Paratha Or Thepla (Methi / Dudhi/ Cabbage/ Pudina/ Pumpkin)
FRIDAY	10-15 Black kismis/ 5 Pista / 3-4 Apricots	Mother's Choice (Hot Home-made food only)

### GENERAL TIPS:

- Please ensure your child drinks milk and eats breakfast before coming to school.
- NO JAM/JELLY HONEY/ SUGAR/JAGGERY/ MAGGI/FARSAN/CHIPS/BISCUITS/FRIED FOOD/SABUDANA.
- Use up to 2 teaspoon (10ml) of melted ghee or oil to make the tiffin.
- Please ensure that the food is properly cooked before packing it in the tiffin.

CONTACT Shilpa Madam (9892857848) OR Dietician Priyanka (9594060819) in case of any queries.

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## MEAL PLAN FOR APRIL TO OCTOBER (PRIMARY SECTION)

WEEK DAY	SMALL BREAK	BIG BREAK	Accompaniments
MONDAY	1 bowl of Banana / Mango / Water Melon / Musk Melon /	Chapati Subji / Idli Sambhar Chatni / Iddyappum with veg inside Whole Wheat Bread Vegetable Sandwich	Curd or buttermilk
TUESDAY	Papaya / Chicku/ Pine Apple/ Cherries / Plums / Kiwi/ Apricots/ Dragon fruit	Puran Poli / Multi grain Bhakri / Thlipeeth / Mix Veg Masala Dosa Or Mix Dal - Oats Dosa with sambhar / Pav Or Paratha Bhaji	Curd or Raita or buttermilk
WEDNESDAY	OR	Moong Dal Or Besan Chilla (With Onion, Tomato, Capsicum, Carrot) / Pita Bread or Veggie sticks with Hummus / Chole Paratha Or Roti / Moong Roti	Curd or buttermilk
THURSDAY	Chana Soyabean chaat / Mix Fruit Sprouts Salad Sprouted moong bhel / Mix sprout chaat	Veg. Upma Or Chana Shira / Vegetable Puha / Veg. Stuffed Paratha / Paneer Paratha Or Thepla (Methi / Dudhi/ Cabbage/ Pudina/ Pumpkin)	Curd or buttermilk
FRIDAY	AND	Moong Or Chowli or Chana Dal Dhokla / Vegetable-Sprouts Cutlet / Veg Corn Tikki (Non Fried) / Chapatti Roll	Curd or buttermilk
SATURDAY	5 Almonds / 2-3 Figs 3-5 Walnuts / 10-15 Black kismis/ 5 Pista / 3-4 Apricots	Mother's Choice (Hot Home-made food only)	Salad, Sprouts, Curd or buttermilk

### GENERAL TIPS:

- Please ensure your child drinks milk and eats breakfast before coming to school.
- NO JAM/JELLY HONEY/ SUGAR/JAGGERY/ MAGGI/FARSAN/CHIPS/BISCUITS/FRIED FOOD/SABUDANA.
- Use up to 2 teaspoon (10ml) of melted ghee or oil to make the tiffin.
- Please ensure that the food is properly cooked before packing it in the tiffin.
- Please send buttermilk/coconut water/lime water in transparent bottle to drink after physical activity.

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## MEAL PLAN FOR APRIL TO OCTOBER (SECONDARY SECTION)

WEEK DAY	SMALL BREAK	BIG BREAK	Accompaniments
MONDAY	1 big bowl of Banana / Mango / Water Melon / Musk Melon /	Chapati Subji / Idli Sambhar Chatni / Iddyappum with veg inside Whole Wheat Bread Vegetable Sandwich	Curd or buttermilk
TUESDAY	Papaya / Chicku/ Pine Apple/ Cherries / Plums / Kiwi/ Apricots/ Dragon fruit	Puran Poli / Multi grain Bhakri / Thlipeeth / Mix Veg Masala Dosa Or Mix Dal - Oats Dosa with sambhar / Pav Or Paratha Bhaji	Curd or Raita or buttermilk
WEDNESDAY	OR	Moong Dal Or Besan Chilla (With Onion, Tomato, Capsicum, Carrot) / Pita Bread or Veggie sticks with Hummus / Chole Paratha Or Roti / Moong Roti	Curd or buttermilk
THURSDAY	Chana Soyabean chaat / Mix Fruit Sprouts Salad Sprouted moong bhel / Mix sprout chaat	Veg. Upma Or Chana Shira / Vegetable Puha / Veg. Stuffed Paratha / Paneer Paratha Or Thepla (Methi / Dudhi/ Cabbage/ Pudina/ Pumpkin)	Curd or buttermilk
FRIDAY	AND Roasted Chana /Peanuts /	Moong Or Chowli or Chana Dal Dhokla / Vegetable-Sprouts Cutlet / Veg Corn Tikki (Non Fried) / Chapatti Roll	Curd or buttermilk
SATURDAY	5 Almonds / 2-3 Figs 3-5 Walnuts / 10-15 Black kismis/ 5 Pista / 3-4 Apricots	Mother's Choice (Hot Home-made food only)	Salad, Sprouts, Curd or buttermilk

### GENERAL TIPS:

- Please ensure your child drinks milk and eats breakfast before coming to school.
- NO JAM/JELLY HONEY/ SUGAR/JAGGERY/ MAGGI/FARSAN/CHIPS/BISCUITS/FRIED FOOD/SABUDANA.
- Use up to 2 teaspoon (10ml) of melted ghee or oil to make the tiffin.
- Please ensure that the food is properly cooked before packing it in the tiffin.
- Please send buttermilk/coconut water/lime water in transparent bottle to drink after physical activity.

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