MODERN SCHOOL GHAZIABAD

WHERE TRADITIONS UNITE MODERNITY

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Dear Parents,

You are required to follow and prescribed menu in Fruit Tiffin and Lunch Tiffin on the mentioned days of the week.

We are guiding you to a range of variety of food over a week, so that our children get the nutrition they need. The best way to ensure that our child is eating a balanced diet is to offer a wide variety of different food each day.

Please note and stick to the eating patterns for your ward.

Day	Fruit	Lunch tiffin	Serving Pre nur	Serving Nursery	Serving Prep	Nutrition provided
			2+	3+	4+onwards	
Monday	Apple (sliced)	Vegetable paratha	1 small size packed in small pieces	1 medium size	2 medium size	Carbohydrates, vitamins, minerals, fats
Tuesday	Pear (sliced)	Besan cheela with paneer filling	1 small	1 medium size or two small	2 medium size	Protein , calcium, minerals, fat
Wednesday	Mango/seasonal fruit (cut and properly packed with a plastic folk)	Pav bhaji	1 piece pav and small helping of bhaji	2 piece pav and medium helping of bhaji	2-3 pieces of pav and bhaji according to child's appetite	Carbohydrates, vitamins, minerals, fats
Thursday	Grapes	Vegetable cutlets	2 small size	2-3 medium size	3-4 medium size	Carbohydrates, proteins, vitamins
Friday	Papaya/ musk melon (cut and properly packed with a plastic folk)	Poori aloo/ food of child's choice	1 poori with small portion of aloo veg.	2-3 pooris with medium portion of aloo veg.	3-4 pooris with appropriate quantity of aloo veg.	Carbohydrates vitamins, fats
Saturday	Fruit's of child's choice	Food of child's choice	Age appropriate	Age appropriate	Age appropriate	

➢ Set the daily routine for the child. The child should go to sleep latest by 9.00 pm.
➢ Make your ward drink milk an hour prior to the time he boards the bus.
➢ If the child complains of nausea feeling or vomits do not force him / her to drink milk.
➢ Feed the child with cookies or small helping of fruit/food he/she likes.