

## SEPTEMBER 2019 MENU FOR NURSERY WING



# Brain Foods For Kids





*Beef*

An additional goodness for the brain: Beef is very abundant in zinc, and even a mild deficiency of zinc has been proven to reduce memory.



*Greens*

<http://ykool.com/>



*Eggs*



*Milk*

Milk – a very well-known food source – is also on the list of the most powerful brain foods for kids that should not be skipped at all costs!



*Oatmeal*



*Greek Yogurt*

Date	Morning Refreshment	Lunch	Evening refreshment
02-09-2019	Finger chips	Arhaar dal, aloo capsicum, chapatti, rice, salad, vegetable raita	Packed refreshment
03-09-2019	Stuffed cheela	Moongsabut, mixed vegetable, chapatti, rice, salad, cucumber raita	Fruit
04-09-2019	Cucumber tomato butter sandwiches	Kabulichanna, besan methi poori, pulao, salad, jalebi	Packed refreshment
06-09-2019	Aloo pakoras	Moongmalka, ghia, chapatti, rice, salad, bhoondi raita	Packed refreshment
07-09-2019	Aloo bhoonda	Masoor dal, aloo bringal, chapatti, rice, salad, onion tomato raita	Fruit
09-09-2019	Dal kachori & aloo subzi	Vegetable noodles, vegetable fried rice, channa dal, zeera aloo, chapatti, salad	Fruit
11-09-2019	Vada pav	Kadhi, aloo methi, chapatti, rice, salad, papad	Packed refreshment
12-09-2019	Vada sambar	Urad channa, zeera aloo, chapatti, rice, salad, vermicelli kheer	Packed refreshment
13-09-2019	Stuffed parantha	Rajmah, aloo bringal, chapatti, rice, salad, bhoondi raita	
16-09-2019	Butter jam sandwiches	Aloo subzi, pumpkin, besan methi poori, bhoondi raita, salad, zeera rice.	Fruit
17-09-2019	Samosa	Kabulichanna, ghia, chapatti, rice, salad, custard	Fruit

Prepared by

Checked by

Signed by

Ambika Gupta  
(Dietician)

Sarika Arora  
(Principal)

Kailash Nath Bansal  
(Manager)

## SEPTEMBER 2019 MENU FOR NURSERY WING

18-09-2019	Vegetable vada	Urad rajmah,aloo bean,chapatti,rice,salad,cucumber raita	Packed refreshment
19-09-2019	Vegetable pakoras	Pav bhaji,moongmalka,salad,zeera rice	Packed refreshment
20-09-2019	Bread roll	Urad channa,peapaneer,chapatti,rice,salad	Fruit
21-09-2019	Sagopeanut cutlet & bread slice	Black channacurry, dumaloo,chapatti,rice, salad,bhoondi raita	Packed refreshment
23-09-2019	Cucumber tomato sandwiches	Kadhi,aloo methi,chapatti,rice,salad,papad	Fruit
24-09-2019	Dal kachori & aloo subzi	Moongmalka,bhindi,chapatti,rice,salad,besan laddoo	Fruit
25-09-2019	Stuffed parantha	Matar khulcha,zeera aloo ,rice,salad, bhoondi raita	Fruit
26-09-2019	Vada sambar	Urad channa,zeera aloo,chapatti,rice,salad,bhoondi raita	Fruit
27-09-2019	Vegetable cutlet & bread slice	Black channa curry,dumaloo,chapatti,rice,salad,onion tomato raita	Packed refreshment
28-09-2019	Finger chips	Moongsabut,aloo capsicum,chapatti,rice, salad,bhoondi raita	Packed refreshment
30-09-2019	Bread pakora	Arhaar dal,aloo bringal,chapatti,rice,salad, cucumber raita	Fruit



Prepared by

Ambika Gupta  
(Dietician)

Checked by

Sarika Arora  
(Principal)

Signed by

Kailash Nath Bansal  
(Manager)