

## March Menu for Senior wing 2020

### “The Good, the Bad and the Ugly”

#### GOOD BACTERIA

- Make vitamins
- Aid digestion
- Make food
- Clean pollution
- Battle bad bacteria

#### BAD BACTERIA

- Cause disease
- Bad breath
- Body odor
- Spoiled food

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Date	Morning refreshment	Lunch	Evening refreshment
02-03-2020 <b>Exam</b>	Sagopeanut cutlet & bread slice	Moongmalka,mixedvegetable,chapatti,rice salad,bhoondi raita	Packed refreshment
03-03-2020 <b>Exam</b>	Matara khulcha	Urad channa,alooalak,chapatti,rice,salad, vegetable raita	Packed refreshment
04-03-2020 <i>Class XII session begins</i>	Chanapalak cutlet & bread slice	Moongsabut,aloo gobi,chapatti,rice,salad, onion tomato raita	Fruit
05-03-2020 <b>Exam</b>	Dal kachori & aloo subzi	Urad rajmah,carrot pea,chapatti,rice, Salad ,aloo raita	Packed refreshment
06-03-2020	Idli sambar	Kabulichanna,poori,bhoondi raita,zeera rice,jalebi	Fruit
07-03-2020 <b>Exam</b>	Samosa	Pav bhaji,arhaar dal,zeera rice,salad	Packed refreshment
11-03-2020	Vegetable macaroni	Kadhi,aloo methi,chapatti,rice,salad,papad	Fruit
12-03-2020	Black channa chaat	Vegetable sweet corn soup,vegetable noodles,fried rice,vegetable Manchurian masoor dal,chapati	Fruit
13-03-2020	Bread pakora	Rajmah,aloo bathua,chapatti,rice,salad, vegetable raita	Packed refreshment
14-03-2020	Vegetable vada	Aloo subzi,pumpkin,besan methi poori,pulao,salad,bhoondi raita	Fruit
16-03-2020 <i>Class X session begins</i>	Burger	Channa dal,mixed vegetable,chapatti,rice, salad,custard	Packed refreshment
17-03-2020	Matara khulcha	Vada sambar lemon rice chapatti, salad,aloo capsicum	Fruit
18-03-2020	Stuffed parantha	Palak paneer,urad channa,chapatti, rice,salad	Fruit
19-03-2020	Bread roll	Moongmalka,aloo bean,chapatti,rice,salad, bhoondi raita	Fruit
20-03-2020	Vegetable pakora	Urad rajmah,carrot pea,chapatti,rice, salad,aloo raita	Fruit
21-03-2020	Vada pav	Black channa curry,dumaloo,chapatti,rice,	Packed refreshment

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		salad,vegetable raita	
23-03-2020	Samosa	Kadhi,aloo palak,chapatti,rice,salad,papad	Fruit
24-03-2020	Vegetable macaroni	Aloo subzi,pumpkin,spinach poori,,pulao, salad,suji halwa	Fruit
25-03-2020	Bread pakora	Arhaar dal,mixed vegetable,chapatti,rice, salad,bhoondi raita	Packed refreshment
26-03-2020	Vegetable vada	Kabulichanna,aloo capsicum,chapatti,rice, salad,vegetable raita	Fruit
27-03-2020	Vegetable cutlet & bread slice	Channa dal,ghia kofta,chapatti,rice,salad, bhoondi raita	Fruit
28-03-2020	Matara khulcha	Moongsabut,aloo gobi,chapatti,rice,salad, onion tomato raita	Packed refreshment
30-03-2020	Dal Kachori & aloo subzi	Urad channa,aloo bean,chapatti,rice, salad,bhoondi raita	Fruit
31-03-2020	Vegetable pakoras	Black channacurry,carrotpea,chapatti,rice, salad,besan laddoo	Fruit

### STATE OF FITNESS GUT HEALTH PROBIOTIC & PREBIOTIC RICH FOODS



- Yogurt
- Kefir
- Kimchi
- Fermented sauerkraut

**Keep your digestive and immune system healthy and happy with probiotic and prebiotic rich foods!**



- Oats
- Bananas
- Berries
- Garlic
- Quinoa



**Healthy individuals should aim for 1-2 servings of probiotic rich foods and 2-3 servings of prebiotic rich foods each day.**