

## Meal plan for Primary Wing for September 2025


**Sugar Facts**


**Sugar Board**


**राजिव गान्धी**

**SUGAR IS MORE FOR TASTE, SERVES NO NUTRITION...**  
**less sugar, more life**

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MAXIMUM SUGAR INTAKE PER DAY - 25g =  x5 =    tsp

सेहत है तो सब कुछ है

**Do you know?**  
पता है क्या ?

- All packaged foods have information on sugar; read labels
- Sugar can be disguised as sucralose, mannitol, erythritol, xylitol, sorbitol
- Jaggery, honey, date syrup, maple syrup, brown sugar, caramel, molasses are equally bad

Tooth decay

Affects mood

Obesity






Faster ageing

Poor heart health



Diabetes

Effect of excess sugar on your body




**Sugar Showdown!**  
किसमे कितनी है चीनी ?

 100 ml  x6	 100 ml  x2	 100 g  x11	 100 g  x8	 200 ml  x4
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Per Serving

 20 g  x1	 100 g  x11	 100 ml  x3	 100 g  x5	 20 g  x2	 100 ml  x2
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**Today's canteen snack(s)** इसमें इतनी है चीनी

Mention your items here	No. of spoons
  X	_____
  X	_____

Sugar? No Please!

"चीनी खाने में नहीं,  
बस बातों में होनी चाहिए"

Date	Mid-morning Snack	Lunch( chapatti ,rice and salad in daily menu besides menu given below)	Evening Refreshment
01.08.25	Vegetable sprout corn chaat	Urad channa, bhindi, vegetable raita	Biscuit
02.09.25	Suji halwa + black channa	Lobia, mixed vegetable, bhoondi raita	Fruit
03.09.25	Bread pakora	Arhaar dal, aloo bean, custard	Savory Snack
04.09.25	Burger	Urad rajmah, palak panner	Biscuit
06.09.25	Sandwiches	Moong sabut, arbi, cucumber raita	Fruit
08.09.25	Biscuits for exam students (Samosa for non-exam students and staff)	Kadhi, aloo capsicum, papad	Savory Snack
09.09.25	Vada pav	Vegetable stuffed parantha, Urad dal, bhoondi raita	Biscuit
10.09.25	Biscuits during exam time (Matara Kulcha for non-exam students and staff)	Vegetable corn soup, Vegetable noodles, vegetable Manchurian, channa dal, chapatti, zeera aloo	Fruit
11.09.25	Vegetable vada with coconut chutney	Moong malka, bhindi, cucumber raita	Savory Snack

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12.09.25	Cake piece (Cadbury cake pc) during exam time ( Dal veggies with stuffed parantha for non-exam students and staff)	Rajmah, aloo bean, vegetable raita	Fruit
15.09.25	Bread roll	Urad channa, bhindi, bhoondi raita	Biscuit
16.09.25	Haldiram lite mixture during exam time (Pav Bhaji for non-exam students and staff)	Lobia, mixed vegetable, cucumber raita	Savory Snack
17.09.25	Samosa	Chole, bhatura, zeera rice, bhoondi raita, salad	Fruit
18.09.25	Biscuits during exam time (Dal kachori & Aloo subji for non-exam students and staff )	Idli sambar, lemon rice, chapati, zeera aloo, salad	Biscuit
19.09.25	Bread pakora	Masoor dal, mixed vegetable, vermicelli kheer	Savory Snack
20.09.25	Fruit during exam time (Stuffed vegetable parantha with mint coriander chutney for non-exam students and staff )	Urad rajmah, arbi, vegetable raita	Fruit
22.09.25	Vegetable macaroni	Arhaar dal, aloo capsicum,vegetable raita	Biscuit
23.09.25	Samosa (III – V) Sandwiches (KG - II)	Moong sabut, bhindi, vegetable raita	Savory Snack
24.09.25	Samosa (KG – II) Sandwiches (III – V)	Rajmah, zeera aloo, cucumber raita	Fruit
25.09.25	Bread pakora	Aloo subji, poori, pumpkin, zeera rice, suji halwa	Biscuit
26.09.25	Dal stuffed vegetable with mint coriander chutney (KG – I) + Vegetable macaroni (II – V)	Lobia, bhindi, bhoondi raita	Savory Snack
27.09.25	Dal stuffed vegetable with mint coriander chutney (II - III) + Vegetable Poha (KG, I, IV & V)	Urad channa, arbi, vegetable raita	Biscuit
29.09.25	Dal stuffed vegetable with mint coriander chutney (IV - V) + Vegetable Vermicelli (KG – III)	Kadhi, aloo capsicum, papad	Fruit
30.09.25	Matara Kulcha	Kabuli channa, mixed vegetable, bhoondi raita	Biscuit