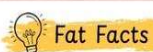


# Meal plan for Senior & Nursery Wing for September 2025



Fat Facts

## Fat Board



### THE TOTAL FAT INTAKE SHOULD NOT EXCEED 30% OF TOTAL ENERGY

Visible fats (cooking oil, ghee, butter etc.) should not be more than 15% of total energy

PERMITTED FAT INTAKE PER DAY - 30g =  $\frac{1}{2}$  x 6 = 3 tsp

#### स्वाद भी, swag भी

- Use a spoon to measure oil instead of pouring directly
- Shift from deep frying to shallow frying, roasting, or air fry
- When eating out, choose places that do not reuse oil
- Track monthly usage & buy in smaller quantities
- Use curd, tomato or onion bases rather than oil-heavy masalas
- Rotate type of cooking oils to obtain all essential fatty acids

Ways you might be consuming fat without realising it

हाँ, इसमें भी फैट है



Same Taste, Less Oil !



आज से 10% कम

Date	Mid-morning Snack	Buffet Lunch( chapatti ,rice and salad in daily menu besides menu given below)	Evening Refreshment
01.08.25	Bread pakora	Arhaar dal, mixed vegetable, custard	Biscuit
02.09.25	Vegetable Macaroni (class 6 <sup>th</sup> to 8 <sup>th</sup> ) + Nursery & Matara Khulcha (class 9 <sup>th</sup> to 12 <sup>th</sup> )	Rajmah, zeera aloo, bhoondi raita	Fruit
03.09.25	Vegetable Macaroni (class 9 <sup>th</sup> to 12 <sup>th</sup> ) & Matara Khulcha (class 6 <sup>th</sup> to 8 <sup>th</sup> ) Butter jam sandwiches for nursery	Black channa curry, aloo capsicum, cucumber raita	Savory Snack
04.09.25	Samosa	Aloo subji, spinach poori, vegetable pulao, salad, suji halwa	Biscuit
06.09.25	Biscuits for exam students (Dal kachori & Aloo subji for nursery )	Kadhi, aloo methi, papad	Fruit
08.09.25	Biscuits for exam students (Vegetable stuffed parantha with mint coriander chutney for nursery )	Urad channa, bhindi, bhoondi raita	Savory Snack
09.09.25	Biscuits during exam time (Idli sambar for nursery )	Kabuli channa, aloo capsicum, cucumber raita	Biscuit
10.09.25	Biscuits during exam time (Burger for senior wing and vegetable cutlet for nursery)	Vada sambar, lemon rice, zeera aloo	Fruit
11.09.25	Cake piece during exam time (Pav bhaji for nursery)	Urad rajmah, mixed vegetable, cucumber raita	Savory Snack
12.09.25	Cake piece during exam time (Bread roll for nursery)	Aloo subji, besan methi poori, pea pulao, suji halwa, salad	Biscuit
15.09.25	Haldiram lite mixture during exam time (Samosa for nursery )	Vegetable noodles, channa dal,zeera aloo chapatti, rice, salad( <i>Vegetable corn soup and vegetable manchurian only in Senior Wing</i> )	Fruit
16.09.25	Haldiram lite mixture during exam time (Matara Kulcha for senior wing and sandwiches for nursery)	Arhaar dal, bhindi, bhoondi raita	Biscuit
17.09.25	Biscuits during exam time (Vada pav for senior wing and aloo bhoonda for nursery)	Rajmah, zeera, cucumber raita	Fruit

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18.09.25	Biscuits during exam time (Dal kachori and aloo subzi for nursery)	Black channa, mixed vegetable, bhoondi raita	Biscuit
19.09.25	Fruit during exam time ( Dal vegetable stuffed parantha with mint coriander chutney for nursery)	Kadhi, aloo methi, papad	Savory Snack
20.09.25	Fruit during exam time (Idli sambar for nursery )	Urad channa, aloo bean, vegetable raita	Fruit
22.09.25	Vegetable sprout corn chaat (class 6 <sup>th</sup> to 8 <sup>th</sup> + nursery ) + Vegetable poha (class 9 <sup>th</sup> to 12 <sup>th</sup> )	Lobia, aloo capsicum, rice kheer	Biscuit
23.09.25	Vegetable sprout corn chaat (class 9 <sup>th</sup> to 12 <sup>th</sup> ) + Vegetable poha (class 6 <sup>th</sup> to 8 <sup>th</sup> and nursery)	Kabuli channa, pumpkin, bhoondi raita	Savory Snack
24.09.25	Sandwiches	Masoor dal, mixed vegetable, cucumber raita	Fruit
25.09.25	Bread pakora	Moong malka, bhindi, vegetable raita	Biscuit
26.09.25	Dal kachori & Aloo subji	Arhaar dal, aloo bean, bhoondi raita	Savory Snack
27.09.25	Vegetable macaroni	Urad rajmah, pumpkin, cucumber raita	Biscuit
29.09.25	Bhelpuri for senior wing,vegetable pakoras for nursery	Moong sabut, mixed vegetable, vermicelli kheer	Fruit
30.09.25	Vada pav	Black channa curry, zeera aloo, vegetable raita	Biscuit


**Sugar Facts**


**Sugar Board**



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

MAXIMUM SUGAR INTAKE PER DAY - 25g = 5 x 5 = 5 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

Teeth decay

Affects mood

Obesity




Faster ageing

Poor heart health

Diabetes

Effect of excess sugar on your body

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

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

Per Serving

 20 g	 100 g	 100 ml	 100 g	 20 g	 100 ml
x1	x11	x3	x5	x2	x2

**Today's canteen snack(s)** इसमें इतनी है चीनी

Mention your items here



X



X

No. of spoons

**Sugar? No Please!**

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