

Meal plan for Primary Wing for October 2025



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 = x6 = 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



आज से 10% कम

Same Taste, Less Oil !



Date	Mid-morning Snack	Lunch(chapatti ,rice and salad in daily menu besides menu given below)	Evening Refreshment
03.10.25	Vegetable poha	Moongsabut, mixed vegetable,custard	Biscuit
04.10.25	Burger	Chole batura,dahi bhalla,zeera rice,salad	Fruit
06.10.25	Samosa (KG-II) sandwiches(III-V)	Urad channa, bhindi, aloo raita	Savory Snack
08.10.25	Sandwiches(KG-II) samosa (III-V)	Masoor dal,aloo gobi,vegetable raita	Biscuit
09.10.25	Suji halwa + blackchanna	Idli sambar,lemon rice,chapatti,zeera aloo,salad	Fruit
13.10.25	Vada pav	Vegetable corn soup, vegetable manchurian Vegetable noodles, channa dal,zeera aloo chapatti, rice, salad	Savory Snack

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14.10.25	Vegetable Macaroni(II-V) stuffed dal vegetable parantha with mint coriander chutney(KG-I)	Urad rajmah,aloo bean,vegetable raita	Biscuit
15.10.25	stuffed dal vegetable parantha with mint coriander chutney(II-III)vegetable vermicelli (KG,I,IV,V)	Black channa curry, arbi, bhoondi raita	Fruit
16.10.25	stuffed dal vegetable parantha with mint coriander chutney(IV-V)vegetable poha(KG-III)	Arhaar dal,aloo gobi,cucumber raita	Savory Snack
17.10.25	Vegetable vada	Kabuli channa, spinach poori, pea pulao, rice kheer, salad	Biscuit
24.10.25	Bhelpuri	Kadhi, aloo methi, papad	Fruit
25.10.25	Pav bhaji	Moongsabut,,mixed vegetable,bhoondi raita	Biscuit
27.10.25	Bread pakora	Urad channa,arbi,vermicelli kheer	Fruit
28.10.25	Suji halwa + blackchanna	Aloo subji, spinach poori, vegetable pulao, bhoondi raita, salad	Biscuit
29.10.25	Vegetable macaroni	Rajmah,aloo capsicum,vegetable raita	Savory Snack
30.10.25	Matara khulcha	Arhaar dal,aloo gobi,cucumber raita	Fruit
31.10.25	Vegetable sprout chaat	Kadhi, aloo methi, papad	Biscuit





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

MAXIMUM SUGAR INTAKE PER DAY - 25g = $\frac{1}{2}$ tsp

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 x6	 100 ml x2	 100 g x11	 100 g x8	 200 ml x4
Per Serving				
 20 g x1	 100 g x11	 100 ml x3	 100 g x5	 20 g x2

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 बार्त में होनी चाहिए"