

Meal plan for Senior Wing for October 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 = 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



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
03.10.25	Vada pav	Urad channa, bhindi, aloo raita	Biscuit
04.10.25	Samosa	Black channa curry, aloo capsicum, bhoondni raita	Fruit
06.10.25	Vegetable Macaroni	Arhaar dal, mixed vegetable, cucumber raita	Savory Snack
08.10.25	Sandwiches	Vegetable corn soup, vegetable manchurian Vegetable noodles, channa dal,zeera aloo chapatti, rice, salad	Biscuit
09.10.25	Burger	Kabuli channa, aloo beans, bhoondi raita	Fruit
13.10.25	Vegetable poha	Kadhi, aloo methi, papad	Savory Snack
14.10.25	Matara Khulcha (class 6 ,7 and 8) and Dal kachori aloo subzi(class 9,10,11,12)	Moongsabut,aloo gobi,vegetable raita	Biscuit
15.10.25	Matara Khulcha (class 9,10,11,12) and Dal kachori aloo subzi(class 6 ,7 and 8)	Vada sambar, lemon rice, zeera aloo	Fruit

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16.10.25	Pav bhaji	Rajmah, aloo capsicum, bhoondi raita	Savory Snack
17.10.25	Bread pakora	Aloo subji, besan methi poori, pea pulao, suji halwa, salad	Biscuit
24.10.25	Vegetable Macaroni	Arhaar dal, aloo bean, custard	Fruit
25.10.25	Bread roll	Kabuli channa, aloo capsicum, cucumber raita	Biscuit
27.10.25	Sandwiches	Kadhi, aloo methi, papad	Fruit
28.10.25	Idli sambar (class 6,7,8)stuffed dal vegetable parantha with pickle(class 9,10,11,12)	Urad channa, aloo gobi, , bhoondi raita	Biscuit
29.10.25	Idli sambar (class 6,7,8)stuffed dal vegetable parantha with pickle(class 9,10,11,12)	Black channa ,mixed vegetable,vermicelli kheer	Savory Snack
30.10.25	Vegetable poha	Aloo subji, spinach poori, vegetable pulao, bhoondi raita, salad	Fruit
31.10.25	Samosa	Urad rajmah, aloo capsicum, 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 = 1000 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 x6	 100 ml x2	 100 g x11	 100 g x8	 200 ml x4
 20 g x1	 100 g x11	 100 ml x3	 100 g x5	 20 g x2

Per Serving

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"