

## Meal plan for Nursery Wing for January 2026

## GO, GROW, GLOW FOODS

**GO FOODS**  
CARBOHYDRATES & FATS

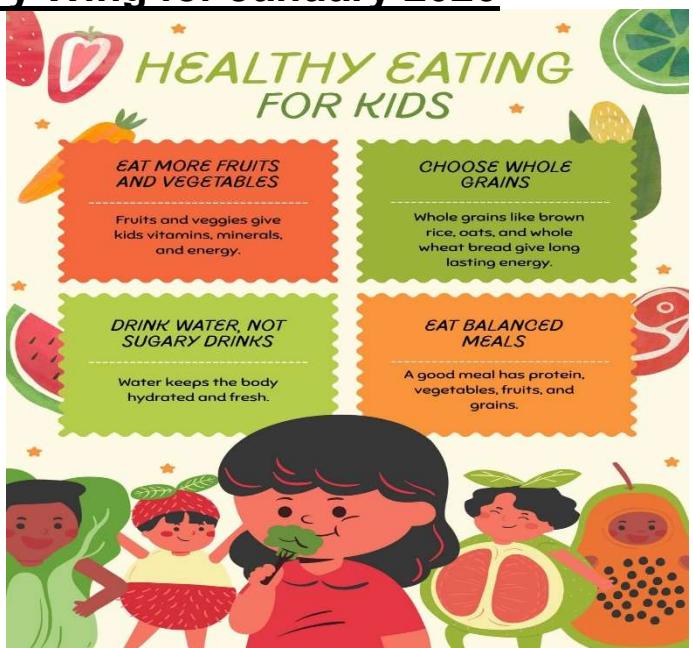
GO FOODS give us energy to do our daily activities.

**GROW FOODS**  
PROTEINS

GROW FOODS are the body-building foods.

**GLOW FOODS**  
VITAMINS AND MINERALS

GLOW FOODS are for good health and well-being. They provide good eyesight, healthy skin and the ability to fight infections.



Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
16.01.26	Vegetable Macaroni	Aloo subji, pumpkin, spinach poori, pulao, suji halwa	Biscuit
17.01.26	Aloo bhoonda	Tomato soup, black channa curry, aloo capsicum	Savoury snack
19.01.26	Dal kachori and aloo subji	Kadhi, aloo methi, papad	Fruit
20.01.26	Cucumber tomato sandwiches	Tomato soup, arhaar dal, mixed vegetable	Biscuit
21.01.26	Burger	Urad channa, carrot pea, rice kheer	Savoury snack
22.01.26	Vegetable Poha	Kabuli channa, aloo gobi, spinach poori, zeera rice, bhoondi raita	Fruit
24.01.26	Suji halwa & black channa	Vada, sambar, lemon rice, zeera aloo, chapatti, salad	Biscuit
27.01.26	Bread pakora	Masoor dal, aloo gobi, vermicelli kheer	Savoury snack
28.01.26	Samosa	Arhaar dal, aloo capsicum, vegetable raita	Fruit
29.01.26	Vegetable corn moth chaat	Vegetable fried rice, Vegetable noodles, vegetable Manchurian, channa dal, chapatti, zeera aloo	Biscuit
30.01.26	stuffed dal, vegetable parantha with mint coriander chutney	Urad rajmah, carrot pea, vegetable raita	Savoury snack
31.01.26	Idli sambar	Tomato soup, moong sabut, mixed vegetable	Fruit