

Meal plan for Senior Wing for January 2026



Dekha Kya?

Eat fortified foods with added vitamins and minerals for your daily needs

Wheat Flour & Rice

Oil & Milk

Double Fortified Salt

No change in taste, smell, appearance, cooking and storing methods

www.ffrc.fssai.gov.in



Trans-fat: A silent killer

Avoid using Vanaspati or margarine

Avoid repeated use of cooking oil

Eliminate trans-fat

Limit fried foods

Check nutrition label for "trans-fat"

www.eatrightindia.gov.in

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	
17.01.26	Vada Pav	Tomato soup, black channa curry, aloo capsicum	
19.01.26	Dal kachori and aloo subji	Kadhi, aloo methi, papad	
20.01.26	Matara kulcha	Tomato soup, arhaar dal, mixed vegetable	
21.01.26	Burger	Urad channa, carrot pea, rice kheer	
22.01.26	Vegetable Poha	Kabuli channa, aloo gobi, spinach poori, zeera rice, bhoondi raita	
24.01.26	Pav Bhaji(Vada pav for exam students of class 9 th 10 th & 11 th)	Vada, sambar, lemon rice, zeera aloo, chapatti, salad	
27.01.26	Bread pakora	Masoor dal, aloo gobi, vermicelli kheer	
28.01.26	Samosa	Arhaar dal, aloo capsicum, vegetable raita	
29.01.26	Vegetable corn moth chaat(samosa for exam students of class 9 th and 11 th)	Vegetable fried rice, Vegetable noodles, vegetable Manchurian, channa dal, chapatti, zeera aloo	
30.01.26	Idli sambar (class 6 th to 8 th) + stuffed dal, vegetable parantha with pickle (9 th to 12 th)	Urad rajmah, carrot pea, vegetable raita	
31.01.26	Idli sambar (class 9 th to 12 th) + stuffed dal, vegetable parantha with pickle (class 6 th to 8 th)	Tomato soup, moong sabut, mixed vegetable	