

Meal plan for Primary Wing for February 2026

**Knowledge
TRAIN**

Which foods boost exam performance?



Top exam preparation tips

- ✂ Eat a light dinner, early the night before
- ✂ Stay hydrated during the exam
- ✂ Avoid caffeinated foods and drinks
- ✂ Bring brain fuelling snacks to the exam
- ✂ Don't forget to eat a filling breakfast
- ✂ Say no to energy drinks and fizzy pop

Don't forget to share these tips with your classmates. Good luck!

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Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.02.26	Vegetable pakoras	Kadhi, zeera aloo , papad	Biscuit
03.02.26	Suji halwa & black channa	Tomato soup, arhaar dal, vegetable raita	Savory Snack
School picnic 04.02.26	Burger	Rajmah.ghia, rice kheer	Fruit

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School picnic 05.02.26	Vada pav	Aloo subzi, spinach poori, vegetable pulao, suji halwa	Biscuit
School picnic 06.02.26	Bread Pakora	Chole, aloo pea dry, carrot kheer	Savory Snack
07.02.26	Vegetable Macaroni	Tomato soup, Black channa, aloo capsicum	Fruit
09.02.26	Burger	Tomato soup, Moong sabut, aloo spinach	Biscuit
10.02.26	Suji halwa & black channa	Rajmah, aloo bean, bhoondi raita	Savory Snack
11.02.26	Dal vegetable stuffe parantha with mint coriander chutney (KG – I) & Vegetable poha (II – V)	Urad channa, mixed vegetable, aloo raita	Fruit
12.02.26	Dal vegetable stuffed parantha with mint coriander chutney (II - III) & Vegetable macaroni (KG, I, II, IV, V)	Tomato soup, arhaar dal, carrot pea	Biscuit
13.02.26	Dal vegetable stuffed parantha with mint coriander chutney (IV - V) & Vegetable vermicelli (KG - II)	Urad dal curry, aloo spinach, vegetable raita	Savory Snack
16.02.26	Pav bhaji	Arhaar dal, aloo bean, carrot kheer	Fruit
17.02.26 Exam	Vegetable vada with coconut chutney	Aloo subji, spinach poori, pulao, salad, suji halwa	Savory Snack
18.02.26	Dal kachori & aloo subji	Lobia, aloo gobi, vegetable raita	Biscuit
19.02.26	Bread pakora	Moong malka, aloo capsicum, bhoondi raita	Fruit
20.02.26	Vegetable poha	Black channa, aloo spinach, vegetable raita	Savory Snack
21.02.26	Vada pav	Moong sabut, carrot pea, vegetable raita	Biscuit
23.02.26	Samosa (KG – II) Sandwiches (III – V)	Stuffed vegetable prantha, masoor dal, bhoondi raita, zeera rice	Fruit
24.02.26 (Exam KG – V)	Choco lotto pie MRP 10/- (during exam) Samosa for staffs	Vegetable sweet corn soup, Vegetable noodles, vegetable manchurian, zeera rice, channa dal, chapatti	Savory Snack
25.02.26	Chapati roll/Bread roll	Chole batura/spinach poori, bhoondi raita/dahi bhalla, zeera rice & pickle	Biscuit
26.02.26 (Exam KG – V)	Haldiram Panchratha MRP 10/- Vegetable pakora for staffs	Idli sambar, lemon rice, zeera aloo, chapatti, salad	Fruit
27.02.26	Vegetable corn sprout chaat	Bermi, aloo subji, bhoondi raita, pulao, salad	Biscuit
28.02.26	Britannia Goodday biscuit MRP 10/- Ram laddoo for staffs (Moongdal ball with radish, mint coriander chutney, sauth)	Kadhi, aloo methi, papd	Savory Snack