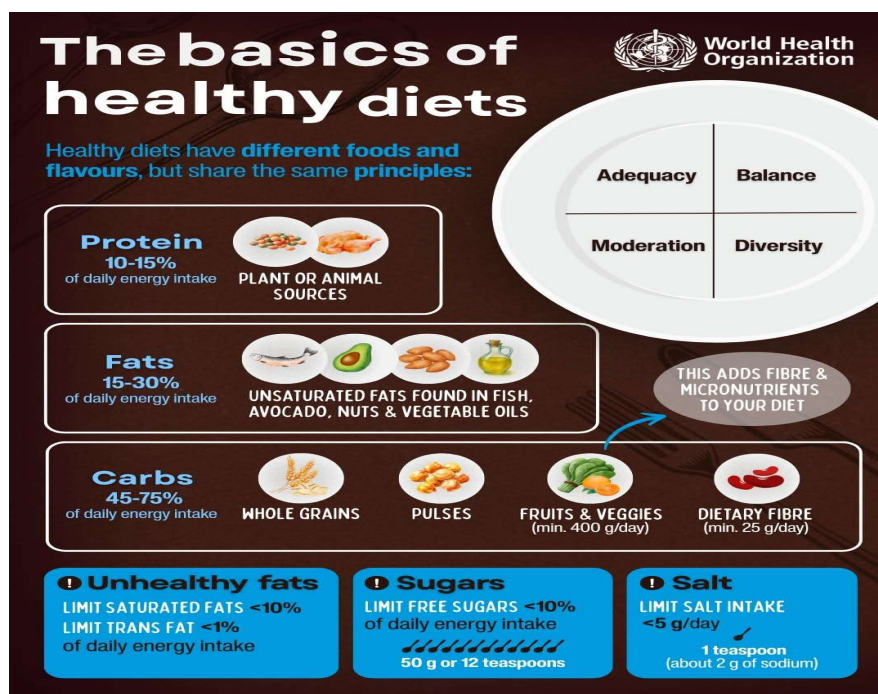


Senior wing meal plan for February 2026



Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.02.26	Samosa	Tomato soup, urad channa, mixed vegetable	Biscuit
03.02.26	Matara Khulcha	Lobia, aloo gobi, vegetable raita	Savory Snack
04.02.26	Pav bhaji	Aloo subji, besan poori, pulao, salad, pickle, suji halwa	Fruit
05.02.26	Vegetable Poha	Tomato soup, black channa, carrot pea	Biscuit
06.02.26	Bread Pakora	Rajmah, aloo capsicum, vegetable raita	Savory Snack
07.02.26	Vegetable corn moth chaat	Moong sabut, mixed vegetable, bhoondi raita	Fruit
09.02.26	Vegetable Macaroni	Arhaar dal, aloo bean, carrot kheer	Biscuit
10.02.26	Dal kachori & aloo subji	Urad dal curry, palak paneer	Savory Snack
11.02.26	Vada pav	Mixed dal, carrot pea, cucumber raita	Fruit
12.02.26	Idli sambar (class 6 th to 8 th) Stuffed parantha with pickle (9 th to 12 th class)	Urad rajmah, aloo capsicum, bhoondi raita	Biscuit
13.02.26	Idli sambar (class 9 th to 12 th) Stuffed parantha with pickle (class 6 th to 8 th)	Masoor dal, aloo gobi, custard	Savory Snack
16.02.26 (Exam of class 6,7,8,9)	Samosa	Kadhi, aloo spinach, papad	Fruit
17.02.26 (Exam of class 6, 7, 8)	Burger	Rajmah, aloo gobi, bhoondi raita	Biscuit

Senior wing meal plan for February 2026

18.02.26	Vegetable Poha	Black channa, aloo capsicum, cucumber raita	Savory Snack
19.02.26 Class XI exam)	For exam students during exam Britannia Tiger Krunch chocochip Biscuit Rs. 10/- MRP	Stuffed veggies prantha, masoor dal, bhoondi raita, zeera rice & pickle	Fruit
20.02.26	Moong dal stuffed veggies cheela	Arhaar dal, mixed vegetable, cucumber raita	Biscuit
21.02.26 Class XI exam)	For exam students during exam Haldiram All in one Rs. 10/- MRP	Chole spinach poori, bhoondi raita, zeera rice, salad & pickle	Savory Snack
23.02.26 (IX & X exam)	Choco lotto pie MRP 10/- For exam students during exam	Aloo subji, besan poori, pumpkin, pulao, salad, suji halwa	Fruit
24.02.26 (class 6, 7, 8) exam	Choco lotto pie MRP 10/- For exam students during exam	Urad rajmah, aloo capsicum, bhoondi raita	Biscuit
25.02.26 (Class 9,11) exam	Haldiram Panchratha MRP 10/- For exam students during exam	Vegetable noodles, vegetable manchurian, veg fried rice, channa dal, chapatti, zeera aloo	Savory Snack
26.02.26 (class 6, 7, 8) exam	Haldiram Panchratha MRP 10/- For exam students during exam	Kadhi aloo methi, papad	Fruit
27.02.26 (Class 9,11) exam	Britannia Goodday biscuit MRP 10/- For exam students during exam	Vada sambar, lemon rice, zeera aloo, chapatti, salad	Biscuit
28.02.26 (class 6, 7, 8) exam	Britannia Goodday biscuit MRP 10/- For exam students during exam	Kabuli channa, aloo bean, bhoondi raita	Savory Snack

The Best Foods To Eat Before A Test

Fish
Great source of Omega-3 protein

- *Herring
- *Mackerel
- *Sardines
- *Trout

Complex Carbohydrates
The brain uses complex carbohydrates for energy to function.

- *Fresh Fruits
- *Beans / Legumes
- *Vegetables
- *Steel Cut Oatmeal

Helpful Protein
Protein-heavy foods increase mental clarity & concentration.

- *Whole-grain cereal
- *Eggs
- *Low-fat milk
- *Oatmeal
- *Lean bacon / Canadian bacon
- *Sugar-free muesli
- *Blueberries
- *Flaxseed
- *Sunflower seeds
- *Dried fruits
- *Walnuts

Energy Snacks
Don't forget to bring snacks along. If you have designated breaks during the test.

- *Almonds
- *Walnuts
- *Fresh fruit
- *Trail mix
- *Granola bars
- *Protein bars
- *Energy bars

Water
Get ahead of the curve and drink plenty of water in the morning before a test. Also, take a water bottle with you to the testing location.



The illustration shows a variety of healthy foods: fish (salmon, trout), fruits (apple, banana, grapes, berries), vegetables (broccoli, spinach, tomatoes), grains (oats, rice), and a student sitting at a desk with a water bottle, representing the importance of hydration and nutrition before a test.