

Meal plan for Primary Wing for April 2026



Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.04.26	Vegetable Vermicelli	Aloo subzi, spinach poori, suji halwa, pulao, salad	Fruit
02.04.26	Vegetable Vada with coconut chutney	Black channa, dum aloo, cucumber raita	Biscuit
04.04.26	Samosa	Urad channa, aloo brinjal, vermicelli kheer	Savory Snack
06.04.26	Channa palak cutlet & bread slice	Arhaar dal, ghia kofta, vegetable raita	Fruit
07.04.26	Vegetable sprout corn chaat	Kabuli channa, poori, zeera aloo, rice, bhoondi raita	Biscuit
08.04.26	Sandwiches	Kadhi, aloo methi, papad	Savory Snack
09.04.26	Vegetable poha	Masoor dal, aloo bean, custard	Fruit
10.04.26	Suji halwa & black channa	Moong malka, mixed vegetable, bhoondi raita	Biscuit
13.04.26	Pav Bhaji	Aloo subji, spinach poori, pumpkin, zeera rice, bhoondi raita, salad	Savory Snack
14.04.26	Matara Khulcha	Idli sambar, lemon rice, zeera aloo, chapatti, salad	Fruit
15.04.26	Bread roll	Urad rajmah, pumpkin, bhoondi raita	Biscuit
16.04.26	Vegetable Macaroni	Kadhi, aloo capsicum, papad	Fruit
17.04.26	Aloo pea vegetable peanut chaat	Moongsabut, arbi, vermicelli kheer	Savory Snack

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18.04.26	Dal kachori & aloo subji	Urad channa,palak paneer	Fruit
20.04.26	Sandwiches (KG – II) & Samosa (III – V)	Kadhi, aloo capsicum, papad	Biscuit
21.04.26	Sandwiches (III - V) & Samosa (KG - II)	Arhaar dal, bhindi, bhoondi raita	Savory Snack
22.04.26	Stuffed parantha with mint coriander chutney (KG – I) & Vegetable vermicelli (II – V)	Black channa, ghia, cucumber raita	Fruit
23.04.26	Stuffed parantha with mint coriander chutney (II - III) & Vegetable Macaroni (KG, I, IV,V)	Lobia, aloo spinach, vegetable raita	Biscuit
24.04.26	Stuffed parantha with mint coriander chutney (IV - V) & Vegetable Poha (KG,-III)	Vegetable noodles, vegetable fried rice, vegetable Manchurian, channa dal, chapatti, zeera aloo, salad	Savory Snack
25.04.26	Suji halwa & black channa	Kabuli channa, arbi, ghia ki kheer	Fruit

CALCIUM FOR KIDS

Calcium is important for:

- Building strong bones
- Supporting the heart
- Important for nerve function



How much calcium does my child need?

- 0-12 months: 200mg/day
- 1-3 years: 250mg/day
- 4-8 years: 1000mg/day



How do kids get calcium?

- Babies will get adequate calcium from breastmilk or formula
- Older babies get it from their food

Calcium-rich foods

- Dairy products (cow's milk, yogurt, cheese, kefir)
- Fortified plant-based alternative beverages
- Leafy greens
- Soybeans
- Almonds and almond butter
- Tofu
- Canned fish with bones in
- Tuna and sardines

What if my child doesn't love dairy foods?

There are lots of non-dairy sources of calcium including:

- Tofu and its calcium
- Tofu
- Almonds and almond butter
- Canned fish with bones in
- Soybeans and leafy greens
- Soybeans
- Beans

