

Meal plan for Senior 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	Sandwiches	Kadhi, aloo bean, Suji halwa prasad of havan	Fruit
02.04.26	Bhelpuri	Vegetable noodles, vegetable fried rice, vegetable Manchurian, channa dal, chapatti, zeera aloo	Biscuit
04.04.26	Vegetable Macaroni	Aloo subji, spinach poori, pumpkin, zeera rice, bhoondi raita, salad	Savory Snack
06.04.26	Burger	Moong sabut, mixed vegetable, custard	Fruit
07.04.26	Idli sambar (class 6 th to 8 th) Matara Khulcha (class 9 th to 12 th)	Masoor dal, aloo capsicum, vegetable raita	Biscuit
08.04.26	Idli sambar (class 9 th to 12 th) Matara Kulcha (class 6 th to 8 th)	Urad rajmah, aloo spinach, bhoondi raita	Savory Snack
09.04.26	Pav Bhaji	Arhaar dal, ghia kofta, bhoondi raita	Fruit
10.04.26	Dal Kachori & Aloo subji	Black channa, dum aloo, vermicelli kheer	Biscuit
13.04.26	Vegetable Poha	Urad channa, mixed vegetable, ghia raita	Savory Snack
14.04.26	Samosa	Kabuli channa, besan methi poori, zeera aloo, zeera rice, bhoondi raita	Fruit

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15.04.26	Vada Pav	Mixed dal, ghia Kofta, vegetable raita	Biscuit
16.04.26	Stuffed parantha with pickle (class 6 th to 8 th) Bread pakora (class 9 th to 12 th)	Kadhi, aloo capsicum papad	Savory Snack
17.04.26	Stuffed parantha with pickle (class 9 th to 12 th) Bread pakora (class 6 th to 8 th)	Vada sambar, lemon rice, aloo bean, chapatti, salad	Fruit
18.04.26	Sandwiches	Rajmah, pumpkin, rice kheer	Biscuit
20.04.26	Moth corn vegetable chaat	Arhaar dal, bhindi, besan laddoo	Savory Snack
21.04.26	Matara Khulcha	Urad rajmah, ghia, cucumber raita	Fruit
22.04.26	Bread roll	Moong sabut, mixed vegetable, bhoondi raita	Biscuit
23.04.26	Channa palak cutlet & bread slice	Urad channa, aloo spinach, ghia raita	Savory Snack
24.04.26	Samosa	Kadhi, aloo methi, papad	Fruit
25.04.26	Bhelpuri	Aloo subji, spinach poori, pumpkin, pulao, suji halwa	Biscuit

THE MAIN TYPES OF EATING DISORDERS AND THEIR SYMPTOMS

EATING DISORDER	PRIMARY SYMPTOMS
ANOREXIA NERVOSA	Severe restriction of food intake, fear of gaining weight, distorted body image, weight loss.
BULIMIA NERVOSA	Binge eating followed by purging behaviors (vomiting, laxative use), feelings of guilt.
BINGE EATING DISORDER	Recurrent episodes of binge eating without compensatory behaviors, feelings of loss of control.
AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)	Restriction of food intake due to sensory sensitivities or fear of choking.
PICA	Persistent eating of non-food substances (dirt, hair, paper).