

Meal plan for Nursery Wing for July 2026



Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.07.26	Vegetable Poha	Kadhi, aloo methi, papad	Biscuit
02.07.26	Aloo bhoonda	Arhaar dal, ghia ,aloo raita	Savoury snack
03.07.26	Vegetable Cutlet	Rajmah, aloo bean, vegetable raita	Fruit
04.07.26	Finger chips	Mixed dal, bhindi, custard	Biscuit
06.07.26	Sandwiches	Aloo subji, spinach poori, pulao, bhoondi raita,	Savoury snack
07.07.26	Vegetable sprout corn chaat	Vegetable noodles, vegetable Manchurian, moong malka, chapatti, zeera aloo, zeera rice, salad	Fruit
08.07.26	Stuffed parantha with mint coriander chutney	Urad channa, mixed vegetable, cucumber raita	Biscuit
09.07.26	Dal Kachori & aloo subji	Kabuli channa, aloo bean, rice kheer	Savoury snack
10.07.26	Vegetable Macaroni	Moong sabut, dum aloo, vegetable raita	Fruit
13.07.26	Bread Pakora	Palak paneer, Urad dal curry,	Biscuit
14.07.26	Idli sambar	Channa dal, bhindi, aloo raita	Savoury snack
15.07.26	Stuffed Parantha with mint coriander chutney	Urad rajmah, aloo bean, bhoondi raita	Fruit
16.07.26	Aloo bhoonda	Black channa, ghia kofta, vegetable raita	Biscuit

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17.07.26	Aloo peanut chaat	Arhaar dal, mixed vegetable, vermicelli kheer	Savoury snack
18.07.26	Vegetable Pakora with mint coriander chutney	Kadhi, aloo methi, papad,	Fruit
20.07.26	Stuffed parantha with mint coriander chutney	Mixed dal, bhindi, aloo raita,	Biscuit
21.07.26	Dal Kachori & aloo subji	Kabuloi channa, ghia, vegetable raita	Savoury snack
22.07.26	Sandwiches	Aloo subji, spinach poori, pulao, bhoondi raita,	Fruit
23.07.26	Burger	Urad channa curry, mixed vegetable, cucumber raita	Biscuit
24.07.26	Samosa	Moong sabut, aloo bean, custard	Savoury snack
25.07.26	Vegetable Poha	Vada sambar, lemon rice, zeera aloo	Fruit
27.07.26	Vegetable Macaroni	Arhaar dal, mixed vegetable, cucumber raita	Biscuit
28.07.26	Vegetable sprout corn chaat	Kadhi, aloo capsicum, papad,	Savoury snack
29.07.26	Vegetable Pakora	Rajmah, pumpkin, veg. raita	Fruit
30.07.26	Black channa chaat	Urad channa, ghia kofta, bhoondi raita	Biscuit
31.07.26	Samosa	Urad dal, bhindi, aloo raita	Savoury snack





FOR STRONGER IMMUNITY AND HEALTHIER SKIN, ADD

VITAMIN C – RICH, PLANT-BASED FOODS

TO YOUR DIET FROM TODAY



AMLA



ORANGES



PAPAYA



CAPSICUM



GUAVA



LEMON

For more information, visit : www.fssai.gov.in

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