

Meal plan for Primary 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	Bread Pakora	Moong sabut, bhindi, custard	Biscuits
02.07.26	Vegetable sprout corn chaat	Kabuli channa, aloo capsicum, bhoondi raita	Savoury snack
03.07.26	Vegetable Vermicelli	Black channa, dum aloo, vegetable raita	Fruit
04.07.26	Dal kachori & aloo subji	Vegetable noodles, vegetable fried rice, vegetable Manchurian, moong malka, chapatti, zeera aloo	Biscuits
06.07.26	Vegetable poha	Kadhi, aloo methi, papad	Savoury snack
07.07.26	Vada Pav	Arhaar dal, aloo methi, bhoondi raita	Fruit
08.07.26	Matara Kulcha	Vada sambar, lemon rice, zeera aloo chapatti	Biscuits
09.07.26	Burger	Urad channa, aloo capsicum vegetable raita	Savoury snack
10.07.26	Samosa (KG -II) & Sandwiches (III - V)	Moong malka, ghia kofta, vermicelli kheer	Fruit
13.07.26	Vegetable Macaroni	Aloo subji, spinach poori, pulao, suji halwa	Biscuits
14.07.26	Vegetable vada	Rajmah, ghia, aloo raita	Savoury snack
15.07.26	Pav Bhaji	Moong sabut, mixed vegetable, bhoondi raita	Fruit
16.07.26	Samosa (KG -II) & Sandwiches (III - V)	Urad channa, bhindi, vegetable raita	Biscuits

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17.07.26	Black Channa chaat	Palak paneer, Urad dal curry	Savoury snack
18.07.26	Bread Roll	Kabuli channa, aloo bean, bhoondi raita	Fruit
20.07.26	Vegetable Vermicelli (KG – III) & Stuff Parantha (IV - V)	Kadhi, aloo capsicum, papad	Biscuits
21.07.26	Vegetable Poha (II - V) & Stuff Parantha (KG - I)	Urad rajmah, ghia, aloo raita	Savoury snack
22.07.26	Vegetable Macaroni (IV , V, KG, I) & Stuff Parantha (II - III)	Moong malka, arbi, Rice kheer	Fruit
23.07.26	Dal kachori & aloo subji	Arhaar dal, mixed vegetable, cucumber raita	Biscuits
24.07.26	Vegetable sprout corn chaat	Aloo subji, spinach poori, pulao, bhoondi raita, salad	Savoury snack
25.07.26	Bhel puri	Black channa, dum aloo, vegetable raita	Fruit
27.07.26	Samosa (KG -II) & Sandwiches (III - V)	Urad channa, ghia kofta, bhoondi raita	Biscuits
28.07.26	Samosa (III -V) & Sandwiches (KG - II)	Rajmah, pumpkin, aloo raita	Savoury snack
29.07.26	Matara Kulcha	Moong sabut, bhindi, cucumber raita	Fruit
30.07.26	Bread Pakora	Arhaar dal, mixed vegetable, vegetable raita	Biscuits
31.07.26	Vegetable Pakora	Black channa, dum aloo, custard	Savoury snack



BENEFITS OF A PLANT-RICH DIET

-  Lowers overall cholesterol levels
-  Less risk of stroke and obesity
-  Reduces risk of diabetes
-  Provides high fibre content
-  Reduces carbon footprint

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

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IMPROVE YOUR METABOLISM WITH

VITAMIN-B9 RICH, PLANT-BASED FOOD

INCLUDE IT IN YOUR DIET FROM TODAY



SOYBEAN



RAJMA



BETROOT



CAPSICUM



LENTILS



FRESH PEAS

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

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