

Meal plan for Primary Wing for August 2026

Breakfast is the most important meal of the day for children because it provides essential energy, boosts brain power, and supports healthy growth. After a long night of sleep, a good morning meal refuels the body and helps kids stay active and focused.

Why Breakfast Matters

- **Brain Power:** Helps children concentrate, remember facts, and do better on school tests.
- **Body Energy:** Restores low blood sugar so kids have strength to run, play, and learn without feeling tired.
- **Better Health:** Provides vital nutrients like fiber, calcium, and vitamins needed for strong bones and muscles.

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.08.26	Vegetable Vermicelli	Kadh, aloo methi, papad	Fruits
03.08.26	Vegetable Poha	Urad channa, ghia, aloo raita	Biscuits
04.08.26	Vegetable Macaroni	Moong malka, mixed vegetable, <i>custard</i>	Savory Snack
05.08.26	Vegetable Vada	Vegetable noodles, vegetable Manchurian, channa dal, rice, chapatti, zeera aloo	Fruits
06.08.26	Vegetable Sprout Corn chaat	Mixed dal, arbi, vegetable raita	Biscuits
07.08.26	Pav Bhaji	Black channa, aloo capsicum, cucumber raita	Savory Snack
10.08.26	Dal Kachori & aloo subji	Arhaar dal, bhindi, <i>vermicelli kheer</i>	Fruits
11.08.26	Black channa chaat	Channa dal, palak paneer	Biscuits
12.08.26	Matara Khulcha	Moong sabut, mixed vegetable, cucumber raita	Savory Snack
13.08.26	Vegetable Sandwiches	Urad rajmah, ghia, vegetable raita	Fruits
14.08.26	Vegetable vermicelli	Kabuli channa, zeera aloo, spinach poori, zeera rice, suji <i>halwa</i>	Biscuits
17.08.26	Vegetable Sprout Corn chaat	Kadh, aloo methi, papad	Biscuits
18.08.26	Bhelpuri	Masoor dal, bhindi, <i>rice kheer</i>	Fruits
19.08.26	Bread vegetable stuffed pakora	Rajmah, aloo bean, bhoondi raita	Savory Snack

20.08.26	Vegetable dal stuffed parantha -(Class KG - I) & Vegetable Poha (II - V)	Urad channa, mixed vegetable, cucumber raita	Biscuits
21.08.26	Vegetable dal stuffed parantha -(II - III) & Vegetable Vermicelli (KG, II, IV, V)	Black channa, aloo spinach, vegetable raita	Fruits
22.08.26	Vegetable dal stuffed parantha -(IV, V) & Vegetable Macaroni (KG - III)	Moog sabut, ghia, aloo raita	Savory Snack
24.08.26	Vegetable pakora	Moong malka, aloo capsicum, vegetable raita	Biscuits
25.08.26	Vegetable Sandwiches	Idli, sambar, lemon rice, zeera aloo, chapatti, salad	Fruits
27.08.26	Matara Khulcha	Aloo subji, besan methi poori, pea pulao, <i>suji halwa</i> , salad	Savory Snack
29.08.26	Pav bhaji	Mixed dal, arbi, bhoondi raita	Biscuits
31.08.26	Vegetable Sprout Corn chaat	Masoor dal, bhindi, aloo raita	Fruits

TRUWORTH
WELLNESS

What happens when you skip meals?



Immediate Impact:

Low Energy: Instant drop in energy levels.

Hunger Signals: Body signals hunger, affecting focus.

Hours Later:

Reduced Brain Function: Difficulty concentrating and making decisions.

Mood Changes: Irritability and stress due to low blood sugar.

Long-Term:

Metabolic Changes: Possible weight changes.

Health Risks: Lack of nutrients can lead to health issues.

Work Effects:

Decreased Productivity: Slower work and problem-solving.

Strained Relationships: Mood swings affecting interactions.