

Meal plan for Senior wing for August 2026

The quality of the food you eat powerfully impacts the health of your body. Every meal and snack is an opportunity to choose nutritious and delicious foods, which research shows affect all dimensions of well-being.

“All children should have the basic nutrition they need to learn and grow and to pursue their dreams, because, in the end, nothing is more important than the health and well-being of our children.” – Michelle Obama

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.08.26	Pav bhaji	Black channa, aloo methi, vegetable raita	Fruits
03.08.26	Bhelpuri Aloo peanut chaat for sawan Monday fast	Moong sabut, bhindi, rice kheer, (finger chips, curd and salad)	Biscuits
04.08.26	Matara Kulcha – (Class 6 th – 8 th) Idli sambar – (Class 9 th to 12 th)	Urad dal, Palak Panner	Savory Snack
05.08.26	Matara Kulcha – (Class 9 th – 12 th) Idli sambar – (Class 6 th to 8 th)	Arhaar dal, ghia, aloo raita	Fruits
06.08.26	Dal Kachori & aloo subji (Class 6 th -8 th) Vegetable dal stuffed parantha with pickle (Class 9 th - 12 th)	Rajmah, mixed vegetable, Cucumber raita	Biscuits
07.08.26	Vegetable dal stuffed parantha with pickle Class 6 th - 8 th) Dal Kachori & aloo subji (Class 9 th -12 th)	Kadhi, aloo methi, papad	Savory Snack
10.08.26	Vegetable Macaroni	Aloo subji, spinach poori, pea pulao, bhoondi raita, salad	Fruits
11.08.26	Vegetable Sandwiches	Urad channa, aloo bringal, cucumber raita	Biscuits
12.08.26	Black Channa Chaat	Mixed dal, ghia, aloo raita	Savory Snack
13.08.26	Pav Bhaji	Vada, sambar, lemon rice, zeera aloo, chapatti, salad	Fruits
14.08.26	Vegetable Poha	Urad rajmah, mixed vegetable, custard	Biscuits

17.08.26	Vegetable pasta	Channa dal, aloo capsicum, vegetable raita	Fruits
18.08.26	Bhelpuri	Kabuli channa, zeera aloo, cucumber raita	Savory Snack
19.08.26	Black Channa Chaat	Arhaar dal, ghia kofta, bhoondi raita	Biscuits
20.08.26	Idli sambar – (Class 6 th – 8 th) Matara Kulcha – (Class 9 th to 12 th)	Moong sabut, aloo bringal, besan laddoo	Fruits
21.08.26	Matara Kulcha – (Class 6 th – 8 th) Idli sambar – (Class 9 th to 12 th)	Urad dal, mixed vegetable, mint raita	Savory Snack
22.08.26	Vegetable sandwiches	Kadhi, aloo bean, papad	Biscuits
24.08.26	Vegetable macaroni	Aloo subji, spinach poori, pulao, bhoondi raita, salad	Fruits
25.08.26	Vegetable stuffed Bread pakora	Rajmah. mixed vegetable, cucumber raita	Biscuits
27.08.26	Bhelpuri	Vegetable noodles, vegetable Manchuria, channa dal, chapatti, zeera aloo	Savory Snack
29.08.26	Vegetable dal stuffed parantha (Class 6 th - 8 th) & Dal Kachori & aloo subji (Class 9 th - 12 th)	Urad dry, ghia, vermicelli kheer	Fruits
31.08.26	Dal Kachori & aloo subji (Class 6 th - 8 th) & Vegetable dal stuffed parantha with pickle (Class 9 th - 12 th)	Urad channa, aloo spinach, vegetable raita	Biscuits

“WHAT MOST PEOPLE DON'T REALIZE IS THAT FOOD IS NOT JUST CALORIES; IT'S INFORMATION. IT ACTUALLY CONTAINS MESSAGES THAT CONNECT TO EVERY CELL IN THE BODY.” – DR. MARK HYMAN

“Science and mindfulness complement each other in helping people to eat well and maintain their health and well-being.” – Nhat Hanh

