

Meal plan for Primary Wing for September 2026

Nutritional deficiencies in children occur when they do not receive adequate vitamins, minerals, or protein, leading to impaired growth, cognitive development, and immune function.

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.09.26	Vegetable vermicelli	Channa dal, zeera aloo, chapatti, vegetable noodles, vegetable Manchurian, fried rice	Biscuit
02.09.26	Vegetable Vada	Urad channa, bhindi, aloo raita	Fruit
03.09.26	Vegetable macaroni	Black channa curry, aloo capsicum, vegetable raita	Savoury snack
05.09.26	Vegetable sandwiches	Kadhi, ghia, papad	Biscuit
07.09.26	Pav bhaji	Arhaar dal, bhindi, aloo raita	Fruit
08.09.26 Exams	Mc Vities digestive biscuits during exams for students	Aloo subji, spinach poori, pea pulao, salad, suji halwa	Savoury snack
09.09.26 Preparatory	Stuffed vegetable & dal parantha with mint coriander chutney	Masoor dal, mixed vegetable, mint raita	Biscuit
10.09.26 Exams	Fruit Refreshment during exams for students	Rajmah, zeera aloo, bhoondi raita	Fruit
11.09.26	Black channa chaat	Urad dal, aloo bean, vegetable raita	Savourt snack
15.09.26 Exams	Makhana packets for students during exams	Moong malka, ghia kofta, custard	Biscuit
16.09.26	Matara Khulcha	Urad rajmah, mixed vegetable, cucumber raita	Fruit
17.09.26 Exams	Fruit Refreshment during exams for students	Channa dal, zeera aloo, vegetable raita	Savoury snack
18.09.26	Stuffed (vegetable & dal) parantha with mint coriander chutney	Moong sabut, arbi, bhoondi raita	Biscuit
19.09.26 Exams	Haldiram Peanuts packets during exams	Black channa curry, aloo bean, mint raita	Fruit
21.09.26	Pav bhaji	Arhaar dal, mixed vegetable, cucumber raita	Savoury snack
22.09.26 Exams	Britannia Goodday biscuits during exams	Kadhi, ghia, papad	Biscuit
23.09.26	Dal kachori & aloo subji	Rajmah, aloo capsicum, mint raita	Fuit
24.09.26	Vegetable dal stuffed parantha (KG – I) & Vegetable Poha (II – V)	Urad channa, aloo methi, bhoondi raita	Savoury snack

25.09.26	Vegetable dal stuffed parantha (II – III) & Vegetable vermicelli (KG, I, IV, V)	Kabuli channa, aloo brinjal, vegetable raita	Biscuit
26.09.26	Vegetable dal stuffed parantha (IV – V) & Vegetable Macaroni (KG – III)	Masoor dal, aloo bean, vermicelli kheer	Fruit
28.09.26	Vegetable sandwiches (KG – II) Samosa (III – V)	Moong sabut, ghia kofta, bhoondi raita	Savoury snack
29.09.26	Vegetable sandwiches (III - V) Samosa (KG - II)	Black channa, aloo spinach cucumber raita	Biscuit
30.09.26	Matara Kulcha	Aloo subji, spinach poori, pea pulao, salad, suji halwa	Fruit
Ambika Gupta (Dietician)		Sarika Arora (Principal)	Kailash Nath Bansal (Manager)
Children are particularly vulnerable to deficiencies in iron, vitamin A, vitamin D, zinc, iodine, and protein. Iron deficiency is one of the most widespread, affecting oxygen transport, brain development, and energy levels. Vitamin A supports vision, immune function, and organ development, while zinc is essential for growth, wound healing, and immune health. Vitamin D is critical for bone strength, and iodine is necessary for proper thyroid function and cognitive development. Protein deficiency can impair overall growth and brain function Ensuring a balanced, nutrient-rich diet is key. This includes fruits, vegetables, dairy, eggs, meat, fish, legumes, and whole grains. Iron absorption can be enhanced with vitamin C-rich foods, while excessive calcium intake should be managed to avoid interference with iron absorption. In some cases, supplements may be recommended under medical guidance. Early intervention, proper feeding practices, and education for caregivers are essential to prevent deficiencies and support healthy growth			