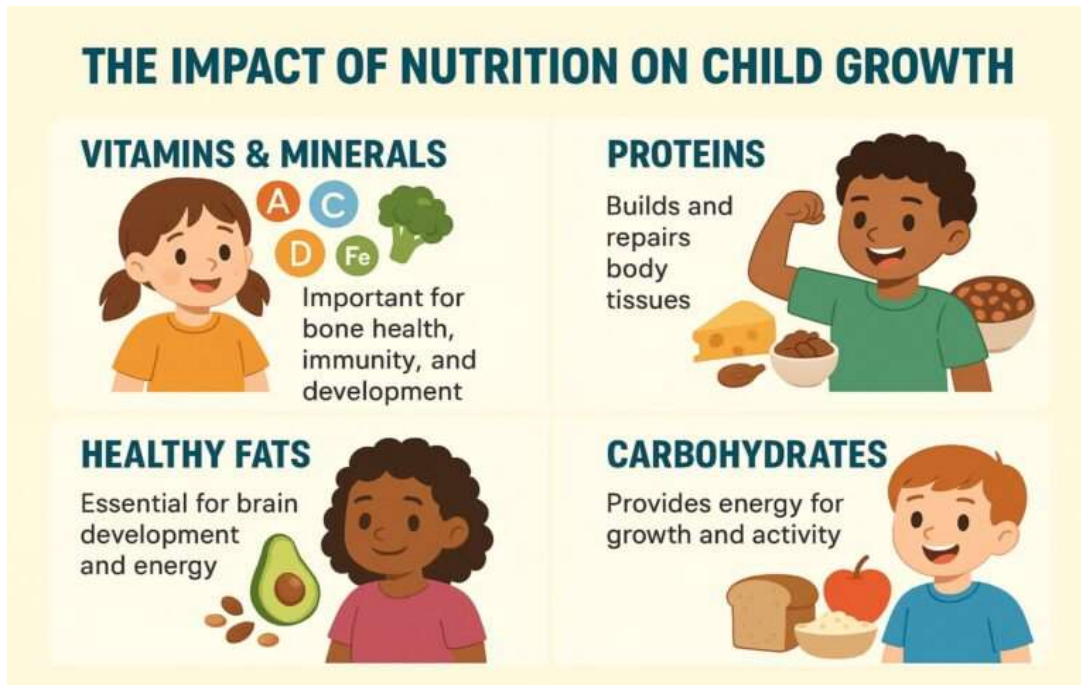


Meal plan for Nursery Wing for September 2026



Date	Mid morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
01.09.26	Pav Bhaji	Arhaar dal, aloo methi, bhoondi raita	Fruit
02.09.26	Black channa chat	Kadhi, ghia, papad	Biscuit
03.09.26	Sandwiches	Urad rajmah, aloo bean, mint raita	Savoury Snack
05.09.26	Vegetable Poha	Urad channa, palak paneer	Fruit
07.09.26	Samosa	Vegetable noodles, channa dal, zeera aloo, chapatti, rice	Biscuit
08.09.26	Vegetable stuff Bread roll	Moong sabut, aloo capsicum, custard	Savoury Snack
09.09.26	Vegetable bhoonda	Vada, sambar, lemon rice, aloo, brinjal	Fruit
10.09.26	Stuffed vegetable dal parantha	Black channa curry, bhindi, aloo raita	Biscuit
11.09.26	Suji halwa and black channa	Aloo subji, spinach poori, vegetable pulao, bhoondi raita, salad	Savoury Snack
15.09.26	Bread roll stuffed with vegetables	Kadhi, aloo capsicum, papad	Fruit
16.09.26	Vegetable stuffed cheela	Urad channa, mixed vegetable, vermicelli kheer	Biscuit
17.09.26	Vegetable Vada with coconut chutney	Kabuli channa, aloo bean, vegetable raita	Savoury Snack
18.09.26	Idli sambar	Rajmah, aloo spinach, bhoondi raita	Fruit

19.09.26	Vegetable bhoonda	Aloo subji, spinach poori, pea pulao, pumpkin, vegetable raita	Biscuit
21.09.26	Vegetable stuffed bread pakora	Moong sabut, aloo bean, cucumber raita	Savoury Snack
22.09.26	Black channa chaat	Urad dal, mixed vegetable, rice kheer	Fruit
23.09.26	Matara khulcha	Masoor dal, ghia kofta, aloo raita	Biscuit
24.09.26	Vegetable Poha	Black channa curry, aloo brinjal, vegetable raita	Savoury Snack
25.09.26	Pav bhaji	Urad rajmah, aloo capsicum, mint raita	Fruit
26.09.26	Butter jam sandwiches	Kadhi aloo methi, papad	Biscuit
28.09.26	Dal kachori & aloo subji	Arhaar dal, bhindi, vegetable raita	Savoury Snack
29.09.26	Vegetable dal stuffed parantha	Rajmah, pumpkin, aloo raita	Fruit
30.09.26	Vegetable macaroni	Urad channa, mixed vegetable, cucumber raita	Biscuit
Ambika Gupta (Dietician)		Sarika Arora (Principal)	Kailash Nath Bansal (Manager)

Why Healthy Eating is Important for Preschoolers

preschoolers (ages 3-5) are going through rapid growth and development. Proper nutrition supports:

- **Brain development:** Essential fatty acids, iron, and vitamins contribute to cognitive skills.
- **Physical growth:** Protein, calcium, and other nutrients build strong bones and muscles.
- **Immune system support:** Vitamins A, C, and zinc help fight infections.
- **Establishing lifelong habits:** Early experiences with food influence future choices.