

Meal plan for Senior Wing for September 2026

Regularly skipping meals can disrupt metabolism, impair cognitive function, and increase the risk of chronic diseases such as type 2 diabetes and cardiovascular problems.

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	Fruit during examination for students	Vegetable noodles, vegetable Manchuria, channa dal, zeera aloo, chapatti, rice	Biscuit
08.09.26	Mc Vities Digestive Biscuit /cremica digestive or oat digestive biscuitMRP Rs 10/-during exams for students	Moong sabut, aloo capsicum, custard	Savoury snack
09.09.26	Mc Vities Digestive Biscuit /cremica digestive or oat digestive biscuitMRP Rs 10/-during exams for students	Vada, sambar, lemon rice, aloo, brinjal	Fruit
10.09.26	Fruit during examination for students	Black channa curry, bhindi, aloo raita	Biscuit
11.09.26	Makhana packets Rs 20/- for students during exams	Aloo subji, spinach poori, vegetable pulao, bhoondi raita, salad	Savoury snack
15.09.26	Makhana packets Rs 20/- for students during exams	Kadhi, aloo capsicum, papad	Fruit
16.09.26	Fruit during examination for students	Urad channa, mixed vegetable, vermicelli kheer	Biscuit
17.09.26	Fruit during examination for students	Kabuli channa, zeera aloo, vegetable raita	Savoury snack
18.09.26	Haldiram Salted peanuts Rs 10/- during exams for students	Rajmah, aloo spinach, bhoondi raita	Fruit
19.09.26	Haldiram Salted peanuts Rs 10/- during exams for students	Aloo subji, spinach poori, pea pulao, pumpkin, vegetable raita	Biscuit
21.09.26	Britannia Goodday biscuit MRP Rs 10/- for students during exams	Moong sabut, aloo bean, cucumber raita	Savoury snack
22.09.26	Britannia Goodday biscuit MRP Rs 10/- for students during exams	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	Bhelpuri	Kadhi aloo methi, papad	Biscuit
28.09.26	Vegetable dal stuffed parantha with pickle (class 6 th - 8 th) & Dal kachori & aloo subji (class 9 th -12 th)	Arhaar dal, bhindi, vegetable raita	Savoury snack
29.09.26	Vegetable dal stuffed parantha with pickle (class 9 th - 12 th) & Dal kachori & aloo subji (class 6 th - 8 th)	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)




What is breakfast?

- Breakfast is when you “break” your “fast” (the time when you don’t have meals) by eating.
- Your stomach will be very happy about it and your body will be able to use the food to get the energy going, and send you off to school all fuelled up for the day - well at least until morning break!






The Benefits of Breakfast!

- Breakfast is important for refueling the body after a night's sleep.
- Improves your ability to concentrate during class. Children who eat breakfast score higher in standardized test scores. They also are more creative
- Prevents low blood sugar which causes fatigue
- Improves one's ability to control weight. Children who skip breakfast are almost twice as likely to become overweight.
- Kids who eat breakfast tend to do better in school and have fewer disciplinary problems.
- Kids who skip breakfast rarely make up for missed nutrients later in the day.
- Eating habits of adults who successfully maintain weight loss include eating breakfast almost every day.

