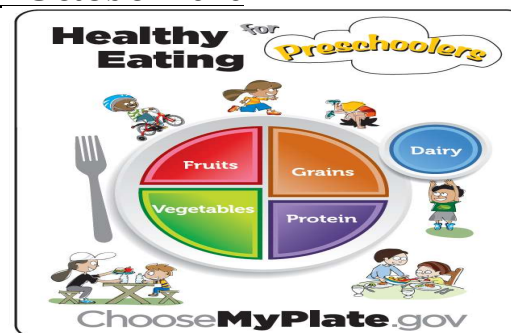
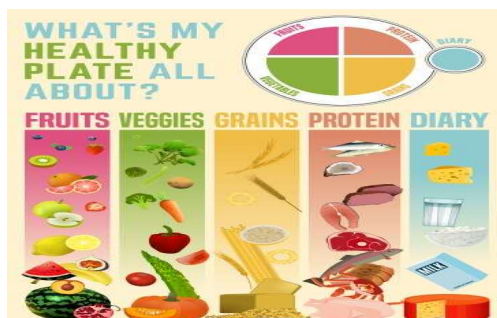


Meal plan for Nursery Wing for October 2026



Date	Mid-morning Snack	Lunch (Chapatti, rice and salad are prepared in daily menu besides menu given below)	Evening Refreshment
01.10.26	Vegetable Sandwiches	Kabuli Channa, aloo spinach, mint raita	Fruit
03.10.26	Samosa	Dahi pakora, dal makhani, zeera aloo, chapatti, zeera rice, salad	Biscuit
05.10.26	Burger	Urad channa, palak paneer	Savoury snack
06.10.26	Idli Sambar	Moong sabut, mixed vegetable, custard	Fruit
07.10.26	Stuffed Vegetable dal Paratha	Channa dal, bhindi, aloo raita	Biscuit
08.10.26	Vegetable Poha	Kadhi, aloo methi, papad	Savoury snack
09.10.26	Aloo Bhoonda	Black channa, aloo capsicum, vegetable raita	Fruit
12.10.26	Vegetable Macaroni	Arhaar dal, mixed vegetable, vegetable raita	Biscuit
13.10.26	Dal kachori & aloo subji	Rajmah, aloo bean, bhoondi raita	Savoury snack
14.10.26	Stuffed dal vegetable Parantha	Vada, sambar, lemon rice, aloo, brinjal, chapatti, salad	Fruit
15.10.26	Aloo peanut chaat	Vegetable noodles, vegetable Manchuria, masoor dal, vegetable fried rice, zeera aloo, chapatti	Biscuit
16.10.26	Black Channa Chaat	Urad channa, aloo gobi, mint raita	Savoury snack
21.10.26	Sandwiches	Aloo subji, spinach poori, vegetable pulao, bhoondi raita	Fruit

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(Dietician)

Sarika Arora
(Principal)

Kailash Nath Bansal
(Manager)

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22.10.26	Aloo peanut chaat	Urad rajmah,aloo bean,vegetable raita	Biscuit
23.10.26	Idli Sambar	Moong sabut, aloo bean, cucumber raita	Savoury snack
24.10.26	Vegetable Macaroni	Kadhi, aloo spinach, papad	Fruit
27.10.26	Stuffed dal vegetable paratha	Urad channa, aloo gobi, bhoondi raita	Biscuit
28.10.26	Dal kachori & aloo subji	Kabuli channa, pumpkin, mint raita	Savoury snack
30.10.26	Vada Pav	Arhaar dal, mixed vegetable, aloo raita	Fruit
31.10.26	Vegetable Aloo bhoonda	Aloo subji, spinach poori, vegetable pulao, suji halwa, salad	Biscuit

Healthy Preschooler Food Plate for Toddlers

A healthy food plate for toddlers should include a variety of foods that provide essential nutrients for growth and development. Here are some key components to include in a toddler's healthy food plate:

- **Vegetables and Fruits:** Aim for half of the plate to be colorful vegetables and fruits. These provide vitamins, minerals, and fiber that are crucial for a toddler's immune system and overall health.
- **Whole Grains:** Include whole grains like brown rice, whole wheat roti, and oats. These provide complex carbohydrates, fiber, and B vitamins that help keep toddlers full and energetic.
- **Protein:** Protein is vital for tissue repair and muscle development. Include sources like beans, peas, nuts, and fish.
- **Healthy Fats:** Incorporate healthy fats from sources like avocados, olive oil, and nuts. These support brain growth and hormone production.
- **Dairy:** Include dairy products like milk and yogurt to provide calcium needed for bones.

By following these guidelines, parents can help ensure that their toddlers receive a balanced diet that supports their growth and development.

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