

MEAL PLAN FOR PRIMARY WING FOR OCTOBER 2026

Food fortification is the deliberate addition of essential micronutrients—such as iron, iodine, vitamin A, folic acid, and B-vitamins—to commonly consumed foods like salt, flour, rice, oil, sugar, and milk to prevent population-wide nutrient deficiencies. It is a cost-effective public health strategy recommended by the WHO and widely implemented through mandatory or voluntary programs.

Date	Mid-morning Snack	Lunch (Chapatti, rice and salad are prepared in daily menu besides menu given below)	Evening Refreshment
01.10.26	Vegetable vermicelli	Moong malka, dum aloo, custard	Fruit
03.10.26	Pav Bhaji	Mixed dal, ghia kofta, vegetable raita	Biscuit
05.10.26	Vegetable Macaroni	Kadhi, aloo methi, papad	Savoury snack
06.10.26	Vegetable Poha	Kabuli channa, aloo spinach, bhoondi raita	Fruit
07.10.26	Black Channa Chaat	Urad rajmah, aloo capsicum, vegetable raita	Biscuit
08.10.26	Vegetable Bread Pakora	Masoor dal, mixed vegetable, vermicelli kheer	Savoury snack
09.10.26	Vegetable vada with coconut chutney	Moong sabut, bhindi, aloo raita	Fruit
12.10.26	Samosa	Vegetable noodles, vegetable Manchurian, vegetable fried rice, chana dal zeera aloo, chapatti	Biscuit
13.10.26	Sandwiches	Black channa, aloo spinach, bhoondi raita	Savoury snack
14.10.26	Vegetable stuffed parantha with mint chutney- (KG – I) & Vegetable Macaroni (II – V)	Kadhi, aloo methi, papad	Fruit
15.10.26	Vegetable stuffed parantha with mint chutney- (II – III) & Vegetable Poha (KG, I, IV, V)	Urad rajmah, aloo capsicum, vegetable raita	Biscuit
16.10.26	Vegetable stuffed parantha with mint chutney- (IV-V) & Vegetable Vermicelli (KG-III)	Idli, sambar, lemon rice, aloo, brinjal, chapatti, salad	Savoury snack
21.10.26	Dal kachori & aloo subji	Arhaar dal, mixed vegetable, vegetable raita	Fruit

23.10.26	Pav Bhaji	Rajmah, aloo capsicum, bhoondi raita	Biscuit
24.10.26	Burger	Moong malka, aloo bean, vegetable raita	Savoury snack
27.10.26	Bread roll stuffed with vegetables	Mixed dal, ghia kofta, aloo raita	Fruit
28.10.26	Matara Khulcha	Urad channa, aloo gobi, vegetable raita	Biscuit
30.10.26	Sandwiches	Masoor dal, mixed vegetable, mint raita	Savoury snack
31.10.26	Vegetable vada with coconut chutney	Kabuli channa, aloo spinach, rice kheer	Fruit
Ambika Gupta (Dietician) Sarika Arora (Principal) Kailash Nath Bansal (Manager)			

Why Food Fortification Matters .It addresses “hidden hunger”—micronutrient malnutrition affecting over 2 billion people globally.

Fortification helps prevent:

- Iron-deficiency anemia
- Iodine deficiency disorders
- Vitamin A deficiency
- Neural tube defects (via folic acid)
 - Supports child development, maternal health, immunity, and overall productivity



Buy Food Fortified with Key Vitamins and Minerals

Folic Acid (Folic Acid, Folate, Vitamin B9) - Fortified Rice & Wheat Flour

Vitamin B12 (Cyanocobalamin) - Fortified Rice & Wheat Flour

Iron (Iron) - Fortified Rice & Wheat Flour

Vitamin A (Retinol) - Fortified Milk & Oil

Vitamin D (Ergocalciferol) - Fortified Milk & Oil

Double Fortified Salt (Iodized Salt) - Double Fortified Salt

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For more information on available fortified brands, please visit: www.frc.fssai.gov.in

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