Primary Wing Meal plan for November 2026

Children can meet their calcium needs through dairy, fortified alternatives, and certain plant-based foods, with vitamin D supporting absorption.

Importance of Calcium-Calcium is essential for **strong bones and teeth**, muscle function, nerve signaling, and blood clotting. Adequate calcium intake during childhood helps prevent fractures and supports long-term bone health

Recommended Daily Intake

Ages 4–8 years: **1,000 mg/day**

Ages 9–18 years: **1,300 mg/day**

ate	Mid-morning Snack	Lunch (Chapatti, rice and salad are prepared in daily menu besides menu given below)	Evening Refreshment
02.11.26	Vegetable vermicelli	Kadhi, aloo spinach, papad	Biscuit
03.11.26	Vegetable Poha	Tomato soup, Black channa, mixed vegetable	Fruit
04.11.26	Pav Bhaji	Urad rajmah, ghia kofta, bhoondi raita	Savoy Snack
05.11.26	Vada Pav	Kabuli channa, aloo gobi, besan methi poori, vegetable pulao, suji halwa	Biscuit
12.11.26	Sandwiches (KG – II) Samosa (III – V)	Vegetable sweet corn soup, Vegetable noodles, vegetable manchuria, channa dal, zeera rice, chapatti	Fruit
13.11.26	Sandwiches (III – V) Samosa (KG - II)	Arhaar dal, aloo bean, vegetable raita	Savoy Snack
16.11.26	Stuffed dal vegetables parantha with mint coriander chutney(KG – I)Vegetable macaroni (II – V)	Urad channa, aloo spinach, bhoondi raita	Biscuit
17.11.26	Stuffed dal vegetables parantha with mint coriander chutney (II – III) &Vegetable poha (KG, I, IV, V)	Rajmah, pumpkin, vegetable raita	Fruit
18.11.26	Stuffed dal vegetables parantha with mint coriander chutney(IV & V) & Vegetable vermicelli (KG – III)	Tomato soup, moong sabut, mixed vegetable	Savoy Snack
19.11.26	Vegetable Vada with coconut chutney	Masoor dal, aloo gobi, custard	Biscuit
20.11.26	Black Channa Chaat	Kadhi, aloo methi, papad	Fruit
21.11.26	Matara Kulcha	Idli, sambar, lemon rice, chapatti, zeera aloo, salad	Savoy Snack
23.11.26	Burger	Aloo subji, spinach poori, pulao, rice kheer	Biscuit
25.11.26	Sandwiches (KG – II) Samosa (III – V)	Arhaar dal, aloo gobi, bhoondi raita	Fruit
26.11.26	Sandwiches (III – V) Samosa (KG – II)	Tomato soup, Black channa, mixed vegetable	Savoy Snack
27.11.26	Black channa & Suji halwa	Urad rajmah, aloo bean, vegetable raita	Biscuit

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28.11.26	Vegetable stuffed bread pakora	Moong sabut, aloo capsicum, carrot kheer	Fruit
30.11.26	Dal kachori & aloo subji	Urad channa, palak paneer	Savoy Snack

Dairy Sources

Milk and dairy products are the **most easily absorbed sources of calcium**. Recommended options include:**Milk** ,**Yogurt** ,**Cheese**,**Paneer** Children should aim for **three portions of dairy or fortified alternatives per day** to meet calcium needs

Fortified Non-Dairy Alternatives

For children with **milk allergies, lactose intolerance, or vegan diets**, calcium-fortified alternatives are effective:**Soy milk**,**Almond, oat, or rice drinks** (check for added calcium),**Calcium-set tofu**,**Fortified cereals**

Plant-Based Sources Some plant foods contain calcium, though absorption may be lower due to oxalates or phytates:

Leafy greens: broccoli, kale,**Legumes**: beans, lentils,**Seeds and nuts**: sesame seeds, almonds

Dried fruits: figs,Including a variety of these foods can help boost calcium intake, especially when combined with fortified products

Fish and Eggs-For children who eat animal products but avoid dairy:**Canned sardines or pilchards** (with bones),**Eggs**-these provide calcium along with protein and other nutrients

Enhancing Calcium Absorption

Vitamin D is crucial for calcium absorption. Children can get vitamin D from:**Sunlight exposure** (safe, limited periods),**Fortified foods**,**Supplements** if recommended by a doctor

Tips for Ensuring Adequate Intake

- Pair calcium-rich foods with vitamin D sources.
- Offer small portions of calcium-rich foods multiple times a day.Use fortified foods

By combining **dairy or fortified alternatives, plant-based foods, and vitamin D**, children can meet their calcium needs to support healthy growth and development.

