

ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF SEPTEMBER 2025

MONDAY	1.9.25 Stuffed Paratha + Fruit	8.9.25 Veg. Sandwich + Fruit	15.9.25 Bread Pakora + Fruit	22.9.25 Veg. Vermicelli /Upma + Fruit	29.9.25 Rajma with Rice + Fruit
TUESDAY	2.9.25 Lunch of your choice	9.9.25 Lunch of your choice	16.9.25 Lunch of your choice	23.9.25 Lunch of your choice	30.9.25 HOLIDAY
WEDNESDAY	3.9.25 Pao Bhaji	10.9.25 Chapatti + Green Vegetable + Fruit	17.9.25 Veg. Poha + Fruit	24.9.25 Besan Cheela / Idli + Chutney	
THURSDAY	4.9.25 Lunch of your choice	11.9.25 Lunch of your choice	18.9.25 Lunch of your choice	25.9.25 Lunch of your choice	
FRIDAY	5.9.25 HOLIDAY	12.9.25 Veg Pulao + Fruit	19.9.25 Chapatti + Vegetable + Fruit	26.9.25 Veg. Macaroni + Fruit	

AIM: MEAL PLANNER IS PROVIDED TO INCULCATE HEALTHY EATING HABIT AND VALUE OF NUTRITIOUS FOOD IN THE STUDENTS.

PLEASE NOTE, WE DON'T ENCOURAGE PACKED OR FROZEN FOOD LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

